



DR. TIEBEL'S

Official Handbook.

OF

SPAS, WATERING PLACES

AND

HEALTH RESORTS.



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DR. TIEBEL'S



Official Handbook

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(EXETER AND BARNEMOUTH).

Accession Number

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*ing Medical Men and Health
matological Research.*

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PREFACE.

I HAVE the honour of submitting to my English-speaking *confrères* the first edition of a medical work upon Spas, Watering Places, and Health Resorts.

The information it contains is the outcome of many months' continuous work, and is based upon recently furnished and reliable data, sent to me direct from the centres touched upon in the text.

I have carefully avoided writing a 'popular dictionary' for the tourist, and of crowding the book with the names of an innumerable number of so-called "Spas," Health and Pleasure Resorts, mostly having merely a local reputation, and practically never visited by foreigners; my aim being to give to Medical Practitioners a book of reference treating upon reliable and well-known balneological and climatic centres, which contains only such information as the Physician would care to be enlightened upon prior to sending his patient abroad. I have been able in some cases to insert illustrations, which will assist in giving the reader a more real and complete idea of the surroundings, etc., of certain localities.

I am not unmindful of the fact that there are various Spas, etc., which I might have treated upon with advantage, but which are omitted in this edition of the work. In these cases I have been unable to get that authoritative and direct information which was required, and, therefore, deemed it advisable to omit all information rather than burden the pages with second-hand details which I could not verify. Those of my readers who may notice the omissions referred to may possibly be kind enough to assist me in rectifying them, by personally bringing them under my notice.

It cannot be denied that the popularity of, and the beneficial results arising from, treatment received at balneological and climatic centres increases year by year, and this fact is easily accounted for, when we come to consider that effective curative means have been found for certain diseases, which are—to say the least—stubborn and unsatisfactory to grapple with 'at home.' As illustrating this point, I would refer to the treatment of cardiac disease at Nauheim, of syphilis at Aix-la-Chapelle, and of gout at Homburg and Baden-Baden.

On the other hand, we, who have made balneology and climatology our special study, cannot conceal the fact that hundreds of invalids are sent abroad every year to localities unsuited for them—unsuited, not only therapeutically, but socially and otherwise.

The following pages are thus written more with a view of assisting those who are, as it were, in the pupillary stage of balneology and climatology, than of emphasizing, endorsing, and repeating facts well known to specialists from personal observation.

In sending a patient abroad, numerous points deserve careful consideration, such as his ability to travel the distance, his acquaintance with the language spoken in the district, his tastes, his purse, his habits, the nature of his case, the skill of the specialist under whose care he has to be placed, the climate of the district, etc. The information given herein will be found invaluable to those who desire a reliable basis to work upon in this direction.

With a publication such as this to refer to, the practitioner can no longer have any excuse for going further afield for reliable primary information. I recommend that, having fixed upon a *locale* for his patient, the physician should correspond either with the specialist under whose care the invalid is to be placed, or should he care to consult me, I shall be most happy to supply such further information as shall make the traveller more 'at home' on arrival at his destination than he might otherwise feel.—

My readers will notice that I have separated the English, as well as the French spas, from those of Germany, Austria, Switzerland, and Italy, a course I was obliged to adopt for technical and other reasons.

To facilitate reference, I have classified in a tabular form the various centres to which the work refers.—

I take this opportunity of gratefully acknowledging the useful services rendered to me, whilst compiling this work, by Dr. E. P. Philpots, of 'Southcliffe,' Bournemouth, whose general knowledge of foreign spas, acquired by direct personal observation, has enabled him to give me valuable assistance in revising and correcting the manuscripts.

H. C. TIEBEL, M.D., *Univ. of Würzburg.*

SOUTH NORWOOD, S.E.,

May, 1896.

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Spas and Health Resorts,

Classified as to their properties, &c.

A.—MINERAL WATERS.

Alkaline waters:

1. *Alkaline waters* (pure, containing chiefly bicarbonate of sodium, most of them more or less ferruginous): *a.* cold: Bilin, Contrexéville, Heustrich, Kronenquelle, Vichy. *b.* hot: Neuenahr.

2. *Alkaline saline waters*:

- a.* Containing chloride of sodium: Aix-la-Chapelle (Elisenbrunnen), Ems, Weilbach.
- b.* Containing sulphate of sodium: Karlsbad (0.003 iron), Franzensbad (0.009—0.079 iron), Marienbad (0.01—0.07 iron in 1,000 parts).
- c.* Containing sulphate of lime: Alvanu, Bath, Schinznach.

Aperient waters (chief constituents: sulphate of sodium and sulphate of magnesia): Condal Water, Hunyadi János, Kissingen Bitterwater.

Arsenious waters: Baden-Baden (0.0007 arseniate of lime), Wiesbaden (0.0002 arseniate of lime).

Chalybeate waters: Andeer, Brückenau, Franzensbad, Harrogate, Homburg (Louisen- and Stahlbrunnen), Kohlgrub, Marienbad (Ambrosiusbrunn), Pyrmont (Hauptquelle and Helenenquelle), Rippoldsau, St. Moritz, Teinach.

Chloride of sodium waters:

- a.* Cold: Droitwich, Harzburg, Ischl, Kronthal, Pyrmont, Reichenhall.
- b.* Hot: Baden-Baden, Wiesbaden.

Chloride of sodium waters charged with carbonic acid:

1. For external use: *a.* Cold: Homburg, Kissingen, Kronthal, Pyrmont.
b. Hot: Nauheim, Oeynhausen.
2. For internal use: *a.* Free from iron: Kronthal, Nauheim, Pyrmont.
b. Ferruginous: Homburg, Kissingen, Kronthal.

Chloride of sodium waters containing iodine: Krankenheil-Tölz, Wildegg.

Chloride of sodium waters containing bromine: Ischl, Reichenhall, Wiesbaden, Wildegg.

Earthy waters: Andeer, Marienbad (Rudolfsquelle).

Indifferent thermal waters: Badenweiler, Wildbad.

Lithium waters: Baden-Baden, Bilin-Sauerbrunn, Ems, Homburg, Karlsbad, Kissingen, Kronenquelle, Martigny-les-Bains, Weilbach, Wiesbaden.

Sulphurous waters:

- a.* Cold (up to 84° Fahr.): Alvanu, Harrogate, Heustrich, Le Prese Stachelberg, Weilbach.
- b.* Hot (more than 84° Fahr.): Aix-la-Chapelle, Aix-les-Bains, Bath, Schinznach.

B.—CLIMATIC STATIONS.

- a.* *Spring and Autumn*: Abbazia, Aix-la-Chapelle, Baden-Baden, Badenweiler, Dresden, Gardone Riviera, Heidelberg, Meran, Rapallo, St. Beatenberg, St. Blasien.

- b.* *Summer*:

1. Up to 1,650 feet: Badenweiler, Eisenach, Friedrichroda, Harzburg, Homburg, Ischl, Konstanz, Kronthal, Reichenhall, Teinach, Wilhelmshöhe.
2. Sub-Alpine stations (1,650—3,250 feet): Alvanu, Andeer, Friedenweiler, Heustrich, Interlaken, Kohlgrub, Le Prese, Oberstdorf, Rippoldsau, Schluchsee, Sonnenberg, Stachelberg, St. Blasien, Todtmoos.
3. Alpine stations (3,250—4,500 feet): Klosters, Niederrickenbach, St. Beatenberg, Stoos, Weissenstein.
4. High-Alpine stations (more than 4,500 feet): Feydey-Leysin, Maloja, Rigi-Scheidegg, Splügen, St. Moritz.

- c.* *Winter*: Abbazia, Cairo, Corfu, Feydey-Leysin, Gardone Riviera, Meran, Palermo, Rapallo, St. Beatenberg, St. Moritz (Dorf), Venice.

C.—SANATORIA FOR DISEASES OF THE LUNGS.

Feydey-Leysin, Hohenhonnef, St. Blasien.

Liebig Company's

PEPTONE OF BEEF

PEPTARNIS

Prepared from the Best Beef only,
without any addition whatever.



***For invalids, convalescents,
and cases of Dyspepsia and
weak digestion.***

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the most digestible form
of any Meat Preparation
offered to the Public.***

“Containing not only the vital principles of Beef in a very highly concentrated form, but in an easily assimilable condition.”—*Lancet*.

**Invaluable in the sick-room and
during convalescence.**



Abbazia.

ISTRIA, AUSTRIA.

Route : London—Mattuglie (Austrian Südbahn)—Abbazia.

Topography : Abbazia, the leading seaside resort of Austria, lies on the East Coast of Istria—within one hour's distance of Fiume—in the midst of an abundant southern vegetation and extensive laurel groves.

Climate : Owing to its situation on the sea-shore, and to its being perfectly protected from any northerly air currents, Abbazia enjoys an unrivalled climate. Not only the average temperature of the year (56.3° Fahr.), but especially the average temperature of the winter (47.3° Fahr.) is considerably higher than that of Gries, Arco, Görz, etc. Indeed, as regards temperature, Abbazia stands very much on the same level as the Riviera (Nice, Cannes, etc.).

Curative Means : Hot sea and fresh-water baths, hydropathic establishment, fitted with every kind of hydrotherapeutic arrangement; electric massage, milk, whey, kefir, mineral water, grape-cure, 'Terrain-Kur.'

Sea-bathing from the end of April to the beginning of November. The water contains a high percentage of salt (4 %).

Special Indications : Diseases of the circulatory organs (overworked heart, fatty heart, valvular affections, morbus Basedowii), chronic catarrh of the pharynx, larynx, and bronchi (specially during the damp months of October, November, December), pulmonary catarrhs and infiltrations without fever, pleuritic exudations, scrofula, anæmia, nervous diseases of a functional or organic nature.

The 'Hotel Kronprinzessin Stephanie,' 'Hotel Quarnero'—three Dépendances and seven Villas—contain more than 400 well-appointed rooms, and are fitted with every modern comfort.

Abbazia is within half-hour's drive of the railway station Mattuglie, on the Austrian Südbahn (Southern Railway). Hotel Omnibus meets all fast trains. London is reached in 60 hours.

For any further particulars and prospectuses apply to the

DIRECTION DER KURANSTALTEN IN ABBAZIA, ISTRIEN.

Aix-la-Chapelle (Aachen).

RHENISH PRUSSIA, GERMANY.

Sulphur Bath.

Season all the year round.

Route: London—Calais, or Ostend, or Flushing—Aix-la-Chapelle.

Situation and Climate: Aix-la-Chapelle is situated in a valley at an altitude of about 500 feet, in the hilly country on the foot of the Fens. The average yearly temperature is 54.5° F., the relative humidity of the air reaches on an average 75%. The sanitary condition of the town is in a most satisfactory state, the drainage is improved, and a water-supply provides almost every house.

Curative Means: Aachen is, owing to the abundant supply of waters of unusually high temperature—hot sulphurous alkaline waters ranging from 116.5° to 166.2° F.—the chief sulphur bath of Germany, and in consequence well-known in England. The waters are used for drinking and bathing, and contain so many salts, and so much carbonate of soda, that they produce the same effects on the

mucous membrane, on the stomach, and the swollen liver, as do the waters of Weilbach and Wiesbaden, whilst, in addition, they combine the effects of salt and of sulphur waters. The action of the thermal water, when given in large baths which allow of complete immersion, is increased by the mechanical effect of various heated douches, and by vapour, provided by natural steam arising from the springs. These methods of using the waters have a powerful alterative effect, and cause the absorption of old exudations of both traumatic and gouty natures; they increase the excretion of uric acid and other ultimate products of assimilation.

The various springs of Aachen differ one from another in temperature as well as in the quantity of common salt they contain.

The water of the "Kaiserquelle" (131° F.), said to have been discovered by Charlemagne, supplies the "Kaiserbad" and the "Neubad" Hotels, and "Königin von Ungarn." The three springs of St. Quirinus (115°), supply the bath-house of the same name. The two springs of St. Cornelius (114°), rise in the new, magnificent Cornelius-Bath-Hotel, which was lately re-built; this hotel is served, too, by the abundant Rose-springs (116·6°), which are also to be had in the well-known bath-house at the "Rosenbad-Hotel." All these bath-houses belong to the Government of the town, which locally legislates for their maintenance. There are many other hotels which are not provided with thermal water, but where the accommodation is none the less comfortable and the tariffs equally moderate, such as Hoyer's Hotel, "Kaiserliche Krone," Nuellen's Hotel, etc. The arrangements in all the above-mentioned bathing establishments are excellent, and the douches, as Macpherson says, "certainly second to none in Europe."

The analysis of the drinking fountain ("Elisenbrunnen") provided by the Kaiser-Spring is as follows:—

Chloride of Sodium.....	26·321	Carbonate of Sodium.....	6·475
Bromide of Sodium.....	0·036	Sulphate of Sodium	2·836
Iodide of Sodium.....	0·005	Sulphide of Sodium	0·136

in 10,000 CC., *i.e.*, in ten litres.

Aachen, though being a commercial centre, has never neglected to make the best use of its valuable waters, to which latter it owes its origin and reputation. The facilities for medical treatment were increased by the erection of the new buildings of the Medico-Mechanical Institute (on the Zander system), of new drinking fountains, and of magnificent bathing establishments, furnished with the best and most modern balneological appliances, rooms for inhalation, vapour douches, etc.

Special Indications: Rheumatism, gout, cutaneous affections, syphilis, neuralgia.

The specific antisyphilitic treatment, combined with the use of the hot thermal waters of Aachen, is so universally recognised by physicians in all parts of the world that it has become a speciality. This remark also applies to the treatment of gout.

Doctors: About ninety physicians practise at Aachen, many of them speaking English fluently.

Entertainments: It has been said that the chief drawback under which Aachen labours is its size. This statement is erroneous, for on this very account visitors enjoy the advantage of large pleasure grounds on the top of the Lousberg, almost in the centre of the city, and of pleasant walks through the shady forest of Aachen, equally with the pleasures of a large town, which goes to make their stay more comfortable during rainy days and the winter months. The demoralising effect of the gaming tables is absent; theatres, concert halls, and educational establishments of every kind combine to promote intellectual enjoyment and scientific training.

A recently constructed electric tram takes people in less than half-an-hour from the centre of the city to the midst of the forests covering the adjacent mountains.

English visitors are met with throughout the year, as the bathing establishments are open winter and summer, and baths may be taken at any time.

Divine Service: English church service is held.

Enquiries for further information are promptly answered, and a prospectus is gratuitously forwarded on application to The Spas' Association, 40, Chancery Lane, London, W.C.

DOCTORS—

- Dr. ALEXANDER, Consulting Physician to the Eye Hospital for the District of Aachen, 44, Wilhelmstrasse.
- Dr. BEISSEL, Royal Inspector of Baths at Aachen and Burtscheid, 12, Kleinkölnstrasse.
- Dr. GOLDSTEIN, 75, Harskampstrasse.
- Dr. MAYER, Privy Sanitary Councillor, Consulting Physician to the Louisen Hospital, 14, Aureliusstrasse.
- Dr. RADEMAKER, Specialist for Nervous Diseases (Electric Treatment), 49, Harskampstrasse.
- Dr. SCHUMACHER, 20, Theaterstrasse.
- Dr. THISEN, 18, Dahmengraben.
- Dr. C. BERLINER, Skin and Syphilitic Diseases, 58, Buechel.
- Dr. A. LIEVEN, Rhino-Laryngology and Syphilis, 73, Harskampstrasse.
- Dr. MARTIN VAN REY, Urinary and Skin Diseases, 12, Harskampstrasse.
- Dr. SCHUSTER, Physician, 10, Aureliusstrasse.
-

Hotel du Grand Monarque, Nuellen's Hotel, The Kaiserbad, The Neubad, and The Quirinusbad Hotels, Aix-la-Chapelle.

These Hotels, which are under the experienced management of Mr. G. F. Dremel, owe their world-wide reputation to the extreme care which is bestowed on all guests alike, and to the improvements which are constantly being made in accordance with the advance of modern taste. Visitors are received the whole year round, the tariff being so arranged as to meet the requirements of all. The drawing, reading, billiard, and smoking rooms are fitted and furnished in sumptuous fashion, while in the sleeping apartments the acme of comfort and luxury is attained. In inclement weather winter-gardens and halls afford a sheltered promenade; and a system of central heating makes the corridors exceedingly comfortable. Suites of apartments for families are supplemented by single-bedded rooms; and at all five Hotels a feature is made of the bath-rooms, in which almost every kind of bath is obtainable. There are also drinking wells, and an inhalation-room. For ladies there is a special service of baths; and generally speaking there is a lavish supply of cold water, often so difficult to obtain at continental hotels, even of the best class. Thanks to the erection of a hydraulic lift, patients are wheeled in their bath-chairs direct to the baths. The ventilation of these Hotels has been most carefully planned and carried out; and another gratifying feature is found in the service, each house having the advantage of a carefully trained and experienced staff of domestics. Mention of the excellent and refined cuisine ought not to pass unnoticed. At few, if any, hotels in Europe will the traveller find such perfect cooking. Besides the *table d'hôte* at 1-0, 1-30, and 7-0 p.m., meals of every description are served at all hours, either in the rooms of visitors or in the various *salons*. Although the hotels offer every conceivable comfort to their clients, the tariff is exceptionally moderate; at the Quirinusbad, full board (room included) being given at prices varying from four-and-a-half Marks per day; while there are special terms, *en pension*, for those making a protracted stay.

Aix-la-Chapelle has a winter temperature of 38·2° Fahr., and the same degree of latitude as the Isle of Wight; and to this fact may be attributed the large and increasing number of winter visitors. Those who desire to be further informed in reference to these hotels should apply to Mr. G. F. DREMEL, who will forward full particulars on application.

Carbonic acid, 1.2 C.C.

Oxygen, 10.4 C.C.

Nitrogen, 88.4 C.C.

The Well was re-modelled last year, a process which has tended to conserve the medicinal properties of the waters, and render them more effective.

Entertainments are of the character particular to alpine stations.

Beautiful walks in the adjacent woods and the romantic surroundings of the 'Via mala,' Roffla ravine, and the wild Avers valley with its imposing scenery and magnificent waterfalls.

Hotel Fravi: Baths and douches in the house from 1 fr. Full board (inclusive terms) from 7 frs. The servants speak English, French, Italian, and German. Post and Telegraph Office in the hotel.

Church Service: Protestant and Roman Catholic.

Postal Service, 3 times daily, between Thusis and Andeer. Thusis (only 1½ hours' distance from Andeer) is the terminus of the new railway, Coire-Thusis.

Baden-Baden.

GRAND DUCHY OF BADEN, GERMANY.

Route: London—Strassburg—Appenweier—Oos—Baden-Baden.

Topography: Baden-Baden, a town of 13,880 inhabitants, in the Oos-valley (northern part of the Black Forest), 656 feet above sea level, is well sheltered from wind. The surrounding mountains rise 3,280 feet high, and are covered with extensive pine- and beech-woods, which nearly reach the town.

Climate: The climate of Baden-Baden is mild and slightly tonic, the average temperature of the year being 48.15° Fahr. The air is pure and free from dust, a water supply provides the town with excellent spring water, and a far advanced drainage completes the sanitary arrangements so essential for an up-to-date health resort.

Curative means: The thermal springs, of 105 to 156° Fahr., rank amongst the alkaline chloride of sodium thermal waters, containing also a considerable percentage of chloride of lithium. According to the analysis by Geh. Rath Dr. Bunsen, of Heidelberg, the chief ingredients present in 1,000 parts of the most important springs are:

		Hauptstollen- quelle.	Fett- quelle.	Bütt- quelle.	Mur- quelle.
Chloride of Sodium	...	2.014	2.210	1.898	1.942
Chloride of Lithium	...	0.053	0.030	0.042	0.029
Arsenate of Lime	...	0.00070	0.00068	0.00041	0.00067
Silica	...	0.127	0.066	0.124	0.042

The waters serve for drinking as well as for bathing purposes. If used internally, they are taken either pure or mixed with Karlsbad salt, milk, sugar, etc. The Grand Ducal 'Trinkhalle' (drinking hall), with pump room and large covered promenade ('Wandelbahn'), is the place where visitors obtain and take the thermal water or any other mineral water prescribed for them.

The two new Grand Ducal Bathing Establishments, '**Friedrichs-Bad**' (for men) and '**Kaiserin Augusta-Bad**' (for women),—unrivalled model institutions, unique in their arrangements and their elegance,—are open throughout the year and provide baths and douches of every description: ordinary, Russian, Roman-Irish, electric baths, so-called 'Wildbäder' (indifferent baths), swimming baths, hydropathics, inhalation of pulverised mineral waters, gargling douches, douches of every kind and temperature, all sorts of mineral and medicinal baths. In both establishments there are splendid rooms for mechanical gymnastics and massage (medico-mechanical institutions, Zander system).

There are also available: several private bathing establishments with thermal baths, an institution for whey- and milk-cure, fresh herb cure in the spring, grape-cure in the autumn, a pneumatic institution, sanatoria, clinical institutes for women, and for sufferers from abuse of morphia, and private institutions of every kind. Several climatic air hotels, charmingly situated, are close to the town.

Special Indications.—The mild chloride of sodium water acts particularly on catarrhal and scrofulous affections of the mucous membrane of the respiratory and digestive organs, on affections of the throat and larynx, chronic bronchitis, chronic gastric and intestinal catarrh, hæmorrhoids and scrofula.

The lithium waters have the best results in cases of gout, rheumatism, gravel, cystitis.

The thermal baths are of well-known efficiency in cases of rheumatism, gout, nervous diseases, paralysis, old painful scars, wounds and ulcers, gun-shot wounds, scrofula, etc. The thermal vapour baths and hot air baths produce favourable results even in the most obstinate cases.

The 'Trinkhalle-Verwaltung' ships the Hauptstollenquelle-water (lithium).

Entertainments.—Conversazione-House with magnificent concert, ball, reading, refreshment, and drawing-rooms open throughout the year. Exhibitions of prominent works of painting and sculpture. Grand concerts, symphony and quartette recitals, extra concerts of eminent artists. 'Bals parés,' 'réunions.' Children's fêtes. An excellent orchestra of fifty-two members (several good soloists) plays three times daily. Military concerts. Operatic and dramatic performances. Fireworks and illuminations. Excellent lawn-tennis and croquet grounds on the Lichtenthaler Allee. Shooting and fishing. Grand horse and trotting races.

High schools for boys and girls. Grand Duchess Louise Household School.

Divine Service.—English Church service is regularly held.

Baden-Baden is the terminus of the branch line Oos-Baden-Baden (Heidelberg-Bale route). London is reached in 17 hours.

DOCTORS—

- Dr. JULIUS BAUMGÄRTNER, Medical Councillor, Specialist for women's diseases; Proprietor of the Sanatorium Quisisana, 8, Ludwig Wilhelm Platz.
 Dr. HEINR. BAUMGÄRTNER, Specialist for women's diseases, 7b, Ludwig Wilhelm Platz.
 Dr. OTTO EMMERICH, Specialist for nervous diseases, especially abuse of morphia and drugs, etc.; Proprietor of the Sanatorium for Nervous Diseases (especially abuse of morphia and drugs, etc.), 1, Quettigstrasse.
 Dr. O. ERDMANN, House Surgeon of the Private Eye Hospital, 71, Lange Strasse.
 Dr. H. von HOFFMANN, Director and Consulting Physician to the Private Eye Hospital, 71, Lange Strasse.
 Dr. E. KNECHT, Grad. of the Bellevue Hospital Medical College, New York.
 Dr. MAX SCHNEIDER, Specialist for hydropathy, massage, and electricity (winter at Cairo, Director of the Hammam), 10, Sophienstrasse.

Badenweiler.

GRAND DUCHY OF BADEN, GERMANY.

Climatic Health Resort. "Terrain Kur." Thermal Baths of "indifferent" Water ("Wildbad").

Route: London—Bâle or Freiburg i/B.—Müllheim—Badenweiler.

Situation and Climate.—Badenweiler is situated six miles from the Müllheim railway station, with which it communicates by means of a tramway, opened in 1895. It lies 1,450 feet above the sea level, in the midst of that splendid old "Kurpark," found on the north-west side of the wood-covered Blauen (3,900 feet high). On account of its association with wood and mountain climate and scenery, it is classified as coming under the list of sub-alpine watering places.

It enjoys, in addition to many other eminent climatic qualifications, an absence of any pronounced local wind, and a protection from strong and relaxing air-currents; its climate also is usually dry. The air is almost absolutely pure, free from dust, as also from abrupt changes of temperature, and visitors can, in consequence, sit out of doors long after the sun has set. To emphasize the equable climate, it may be noted that visitors can spend 8—14 hours a day in the open air, from early spring until the winter commences; also that no other German watering place, having the same altitude, can boast of similar climatic conditions.

Special Indications.—The climatic peculiarities above referred to make Badenweiler an excellent centre for diseases for which a long sojourn in the open air without risk is indicated. To this class belong chronic rheumatism, gout, diabetes, the general disturbances of nutrition peculiar to the aged, convalescence after acute diseases (infectious and other), chronic bronchitis with or without consumptive complications, phthisis in the first stage, and diseases of the throat and air passages.

Its superior climate, combined with the fact that the roads in the neighbouring pine forests are of every degree of incline, make this centre a most useful one for carrying out the "Terrain Kur," and it is, therefore, eminently adapted for the treatment of heart diseases.

A prominent feature of Badenweiler is its excellently arranged thermal baths. They are used in various ways for general neurasthenia, and such neurotic conditions of young people as chorea, &c. The waters are also used with good results in cases of amenorrhœa and dysmenorrhœa, and are specially indicated in chronic neuralgia, migraine, old inflammations of the peritoneum and their sequelæ. Cases of chronic irritation of the skin, and chronic pruritis are also cured here easily and permanently.

The most important agents for curing (outside the climatic benefits above referred to) are the warm waters used for bathing and drinking, which waters are peculiar to this locality. These, singular to remark, possess no chemical ingredients worth mentioning. The temperature of the water is 80° F. It belongs to the "indifferent" thermal waters (Wildbad). It contains 3.52 solid parts in 10,000 (bi-carbonate of lime and chloride of lithia).

The warm water is used for two kinds of baths:—(1) the swimming bath (thermae novae) which is a very elegant marble structure, and the open bath, a large uncovered basin. Both have cold and warm douches which can be taken separately. The Marble Bath of Badenweiler probably is the finest of its kind in Europe. (2) The single baths in Hôtel Sommer, Römerbad, Haus Bürk, and Pension Saupe.

Goats' milk, cows' milk, whey, and all mineral waters are also obtainable. The cows are kept under the regular and constant control of a veterinary surgeon.

Doctors: Medizinalrat Dr. Neumann (Director of Baths, and so appointed by the Government), Dr. H. T. Thomas, Dr. Kollmann, Dr. Fränkel.

Trained nurses of the Red Cross reside at Badenweiler.

There are excellent first and second class hotels, also many boarding and private houses. All establishments conducted for the reception of visitors are detached, and stand in gardens with grounds of their own.

There are a large Casino (with restaurant), a Reading-room, a Music Room, also a Bookseller, who keeps a Library open to visitors. The number of visitors is 4,500—5,000 per year.

All further information can be obtained, and an Illustrated Guide to Badenweiler will be sent, on application to the Bade-Comité.

Bilin—Sauerbrunn.

BOHEMIA, AUSTRIA.

Route: London—Eger (Bohemia)—Dux—Bilin.

Bilin is a station on the Dux-Pilsen line (Austrian State Railway), within a short distance from Dux.

The Bilin Sauerbrunn Springs rise in the west of the town of Bilin, at an elevation of 688—692 feet above sea level, and rank among the strongest of sodium springs.

Analysis by Professor Dr. Wilhelm Gintl (in 1894):—

10,000 parts of the water contain (by weight)—

Sulphate of Potassium	2.4194.
Sulphate of Sodium	6.6679.
Chloride of Sodium	3.9842.
Carbonate of Sodium	33.1951.
Carbonate of Lithium	0.3131.
Carbonate of Magnesium	1.7478.
Carbonate of Lime	3.6312.
Carbonate of Manganese	0.0012.
Carbonate of Iron	0.0282.
Phosphate of Aluminium	0.0071.
Silicic Acid	0.6226.
Free and semi-bound Carbonic Acid	38.7660.
Solid Constituents... ..	52.5532.

Temperature of the springs: 51.8—53.6° Fahr.

The Bilin water is reputed throughout the world for its medicinal virtues. It acts especially upon diseases of the gastro-intestinal tube, kidneys, bladder, and gall; on catarrhal affections of the respiratory passages and lungs; on gout and rheumatism,

metabolism being accelerated through its use. Bilin water is also recommended by the profession as a "Nach-Kur" (after treatment) after a course at Karlsbad. Lastly, the Bilin water is unsurpassed as a dietetic beverage.

Yearly sale: over four millions of bottles.

The drinking and bathing treatment is carried on in the **Kur-Establishment, at the Sauerbrunn-Bilin.**

Sauerbrunn, fresh water, vapour, and electric baths; complete hydropathy, massage, inhalations, etc., may be obtained.

Large 'Kursalon,' dining and reading room, and a number of well-furnished apartments for visitors. Extensive shady park, with leaf- and pine-woods; long and well-kept roads; charming views; choice of excursions into the thickly-wooded mountains.

Tariff: Rooms from $3\frac{1}{2}$ Fl.—20 Fl. per week.

No Kurtax.

A speciality of Bilin are the effervescent springs ('Kaiser Franz Josef Quelle'), which were found in 1889 by sinking a deep shaft. This shaft reached to a depth of 426 feet, and two different Sauerbrunn-springs were discovered—the first one at a depth of 183 feet, rich in carbonic acid, but free from iron; the second one at a depth of 223 feet, highly ferruginous. Each of the springs was modelled, and at present the deeper one rises to the surface as 'Springquelle' (jumping spring), the higher one as 'Sprudel' (bubbling spring).

The 'Pastilles de Bilin' are prepared from the residue of the vapourised Bilin Water. These Pastilles are in great favour as a prompt remedy in cases of indigestion.

For any further particulars apply to the BRUNNEN-DIRECTION, BILIN.

(Rubinat, Spain.) **CONDAL WATER.**

Natural Aperient Mineral Water from Rubinat, Spain, of the sodio-sulphated group.

This water has been declared by the Spanish Government to be of public utility, and is the only Rubinat Water bottled at the place of origin.

Its use has been authorized by the French State.

Analysis made at the "Ecole Nationale des Mines de Paris," October, 1889.

Constituents.	Anhydrous Salts— Grains per Gal.
Sulphate of Soda	3,123.592
" Potash	34.036
" Magnesia	215.374
" Lime	115.792
Chloride of Sodium	130.109
Silica, Alumina, Oxide of Iron ..	1.155
Loss	0.635
Total Saline Constituents	3,620.693

Comparative Table

Of the proportions of the two Sulphates contained in a number of the best known Aperient Waters,

	Anhydrous Salts— Grains per Gal.	
	Sulph. Soda.	Sulph. Mag.
Franz Josef ..	1,687.568	1,728.951
Hunyadi Janos ..	1,579.570	1,563.500
Rakoczy ..	1,457.960	1,752.590
Esculap ..	1,340.700	1,750.300
Pullna ..	881.530	663.520
Birmensdorf ..	590.390	1,459.030
Friedrichshall ..	715.350	641.380
CONDAL ..	3,123.592	215.374

This table will suffice to show that **Condal Water** differs essentially from all the German and Hungarian Bitter Waters, as it contains the **Maximum of the Soda Salts** with the **minimum of the Bitter Magnesia Salts**. The figures show, too, that the Water is a highly-mineralised one, so highly, indeed, that it would be entitled to the first place among Aperient Waters if its chief ingredient alone were weighed against the total amount of solids contained in any of the others. How much more, then, when it is considered that this ingredient is Soda Sulphate, while the solids of the Bitter Waters consist for the most part of the nauseous Magnesia Salts.

Analytical Record from the *Lancet*, August 3rd, 1895:—

“CONDAL WATER.—We have recently confirmed in our laboratory the published analysis of this natural aperient mineral water. It is bottled at Rubinat, in Spain, and is highly mineralised with sulphates, with the important distinguishing feature, however, that it contains a proportion of sodium sulphate largely in excess of the corresponding magnesium salt. Thus the sulphate of soda amounts to 45 grammes per litre, and the magnesium sulphate to a little over 3 grammes per litre. On this account probably the taste of the water is only slightly bitter, and is soft and saline. Since the sodium salt as regarded at present has certain advantages over magnesium sulphate, in that it has less tendency to produce irritation in the intestinal tract, CONDAL WATER may be given with confidence, and especially, it would appear, in certain idiosyncratic cases.”

USES.—As a purgative the Condal Water is well known. Always certain, the effect may be made mild or energetic at pleasure. In small repeated doses the water acts as a refrigerant and alterative. Taken occasionally it overcomes constipation of the bowels and torpidity of the liver, and promptly relieves congestive states of the brain, thoracic and abdominal viscera, and hæmorrhoidal vessels. Taken regularly in small doses for several weeks it seldom fails to induce a healthy intestinal action, frequently enabling the patient to dispense with aperients altogether. Administered with a view to its constitutional effects, it will be found of the highest service in the treatment of headache, biliousness, jaundice, gallstone, rheumatism, sciatica, and neuralgia. It has been proved a powerful solvent, and of exceeding utility in the treatment of gout, gravel, and diseases of the kidneys and bladder, including diabetes. Many diseases peculiar to females are decidedly ameliorated by its use. The tendency to dropsy, corpulency, and rush of blood to the head is at once counteracted by its administration. In chronic affections of the organs of respiration and circulation it is efficacious. It has been found also to exert a decided effect upon the mucous discharges generally, and is recommended in the treatment of catarrh of the air passages, stomach or bile duct. In all forms of skin diseases it acts satisfactorily.

DOSE.—As an occasional aperient from a quarter to half-a-tumblerful, taken fasting. The effect is rapid, non-irritating, and entirely without griping, especially if a cup of tea or coffee be taken within an hour after the dose.

As a laxative half this quantity may be taken for several consecutive days, continuing it or discontinuing it according to the effects produced. For children half-doses will be sufficient. For infants one or two tablespoonfuls in milk.

It is important to remember that it is impossible to fix the dose suitable for all persons; it should therefore be graduated to suit the system. In some cases a teaspoonful is sufficient to purge, while in others larger doses may be required. *But the longer Condal Water is taken, the less the dose needed*, and it may be noted that small, repeated doses, even in teaspoonfuls, are of much greater use than large cathartic doses, and if persevered with, the most obstinate cases may be greatly ameliorated, if not cured. It is most effective if mixed with hot water or milk.

No change of diet or habits is necessary while using the water.

CONDAL is **not** a Bitter Water, but if found too saline the flavour may be disguised by the addition of sugar, lemon juice, etc.

CAUTION.—Be careful when ordering to name only **CONDAL WATER**, and **not** in conjunction with the name of Rubinat. (See advertisement page.)

Corfu.

IONIAN ISLANDS, GREECE.

“This precious stone set in a silver sea.”—SHAKESPEARE.

Routes: The quickest and most direct is overland to Brindisi—there is a service to Corfu four times a week. Trieste can also be made the port of departure, and this route is considerably cheaper.

Situation: This Island is charmingly situated at the foot of the Adriatic Sea, in latitude 40° N., longitude 20° E. It lies so close to the mainland that

“spread like a shield upon the dark blue sea,” it gets the full benefit of the sheltering mountains of Albania. It is the only one of the Ionian Islands which is used as a winter station. It is now beginning to be known as an excellent health resort, especially for those not actually ill, who wish to spend the winter in a warm climate, and who desire a rather less conventionalised and more interesting country than the overcrowded Riviera.

Climate and Temperature: Though Corfu is the least known of any of the more important winter resorts of the Mediterranean, very careful meteorological records of the weather and climate have been taken for several years past. These records show that the mean temperature for the five months of the season (December to April), is 54° . January is the coldest month, with an average range of from 49.5° to 52° . In March there is a rapid rise in the temperature, and in April its average range is from 57° to 62° .

Special Indications: A residence at Corfu is considered to be beneficial in cases of scrofula, certain affections of the respiratory organs and—by some doctors—pulmonary consumption. It is not often thought advisable for invalids to arrive before December. In spring the climate is delightful.

Sport: There is excellent shooting and fishing, both in the island and on the mainland of Albania, wild duck and teal swarm around the coast, and a bag can always be made. Quails are plentiful in the spring, and snipe and woodcock all through the season. Sport on the island is limited, as there is not much cover, and is confined to occasional snipe and woodcock. Chamois, wild boar, and deer are fairly plentiful among the Albanian mountains; and so are wolves and bears, but these vermin, as they are technically called, are rarely hunted.

Doctor: Politi Gialéna.

Divine Service: Church services twice every Sunday in the old House of Parliament, at 10-30 a.m. and 3 p.m. Chaplain—Rev. Dr. Dawes.

English Consul: Vice Consul Sir Otto Alexander.

English Chemist: The English Pharmacy.

Bank: The Ionian Bank, Limited.

The **Grand Hotel d'Angleterre and Belle Venise** is the finest first-class Hotel at Corfu, and especially patronised by English and American families. 10 per cent. to 20 per cent. discount allowed to Members of the Army and Navy Co-operative Society, Limited, London.

JEAN GAZZI, Proprietor.

Dresden.

CAPITAL OF THE KINGDOM OF SAXONY, GERMANY.

Route: London—Hanover—Leipsic—Dresden.

Topography: Dresden, the charming ‘Elb-Florence,’ as it is called by its poetical admirers, the Queen of German towns, owing to the beauty of its river banks, and to the grandeur of its environs, abounding in orchards, vineyards, and flower gardens, is situated 344—475 feet above sea level, in the delightful and fertile valley which is formed by the Erz Mountains and the Lusatian Mountains and crossed by the River Elbe. Its geographical position makes it the natural principal transit-centre for the North and South and for the East and West. It has 316,660 inhabitants, and contains 470 streets, 45 open places, 27 parks, and 4 bridges. A noticeable feature is that, in comparison with other cities, Dresden spreads over a large area of ground, thus preventing a congestion of population, a highly appreciable point from a sanitary aspect.

Climate : The absence of north, north-east, and east winds renders the climate very genial, the average yearly temperature amounting to 49.64° Fahr., whilst the yearly range of temperature, *i.e.*, the difference between the average temperature of the coldest and the hottest month, is about 36° Fahr. (at Nice and Algiers about 27° Fahr.). The climate of Dresden, thus, holds the happy medium between sea and inland climate.

Doctors : Ca. 300 doctors are practising at Dresden, many of them celebrated men, with world-wide reputations. Numerous specialists may be consulted.

Curative Establishments and Baths :

1. The Medico-Mechanical and Massage Institute of Dr. von Reyher, Aulic Councillor ;
2. Institute for Swedish Gymnastics of Mr. Oldewig, Aulic Councillor ;
3. The Kur- and Bath-House 'Albertshof,' most elegantly fitted up for any kind of medicinal bath, sand-, mud-, carbonic acid-, Russian-, Irish-Roman baths ; Hydrotherapeutic Sanatorium ; well-kept Park ; Hotel ;
4. 'Dianabad,' Institute for drinking mineral waters ; also Irish-Roman, vapour, ordinary, etc., baths ; extensive promenades ;
5. Inhalatorium of Knocke and Dressler (pulverised soole, pine-oil, etc.) ;
6. The medicinal baths of Lippert and of Keller (carbonic acid thermal baths), Guhde's, Hüller's pine-vapour baths, etc. ;
7. Dr. Lahmann's Sanatorium ;
8. Elbe river baths ;
9. Climatic air stations near Dresden : Loschwitz, Pillnitz, Moritzburg, Tharandt, Kipsdorf, Langebrück, and last, but not least, Schandau (Sendig's Villas) ;
10. Numerous Sanatoria for the treatment of special diseases, such as Dr. Putzar's S. at Königsbrunn, near Königstein, Dr. Haupt's S. at Tharandt (for nervous diseases), Dr. Pierson's S. at Neucoswig (for mental affections), etc.

Entertainments :

Royal Court Theatre in the 'Altstadt' (opera and ballet) ;

Royal Court Theatre in the 'Neustadt' (drama and comedy) ;

Residence Theatre (operetta, farce, popular pieces) ;

Circus, Panoramas, Races, Regattas, Football, Lawn Tennis, Skating, Fancy Dress Balls. Every year in July : 'Dresdener Vogelwiese' (a historic and largely patronised fair).

Various Concerts by the Royal Court Orchestra, private and military bands and prominent artists, sacred concerts every Sunday. Numerous historic, artistic, and scientific collections, such as the Royal Picture Gallery (Sixtinian Madonna of Raphael), 'Grünes Gewölbe' (jewels), etc., museums, exhibitions, zoological and botanic gardens, etc.

Further enquiries regarding schools, hotels, private rooms, sights, etc., of Dresden and environs are gratuitously replied to by the

VEREIN ZUR FÖRDERUNG DRESDENS UND DES FREMDENVERKEHRS,
DRESDEN, SEESTRASSE 21, II.

Eisenach.

GRAND DUCHY OF SAXE-WEIMAR-EISENACH, GERMANY.

Route : London—Frankfort o/Main or Cassel—Bebra—Eisenach.

Topography : Eisenach, the second capital of the Grand Duchy of Saxe-Weimar-Eisenach, has 22,500 inhabitants, on the average 6,000 summer guests, and over 60,000 visitors every year. It is situated 726 feet above sea-level at the north-western outskirts of the Thuringian Forest, partly in the valley of the Hörsel, partly in the valleys and on the lower hills of a mountain chain to the ridge of which ('Rennsteig') it takes but an hour. The mountains and hills are covered with leaf- and pine-woods, which immediately adjoin many of the houses. The large Goldberg-Wald (Municipal Park), with beautiful walks, and the hills in front of the Wartburg, are within five minutes' distance from the centre of the town. The environs of

Eisenach abound in charming landscape pictures, which caused Bädeler to call them the most radiant spot of the Thuringian Forest, whilst Dr. K. Müller (Halle) describes them as 'the overture to the grand mountain symphony.'

Above the town, 1,312 feet above the sea-level, the famous Wartburg, the most celebrated castle of Germany, is throning.

Climate: The climate of Eisenach is invigorating, the air, owing to the proximity of woods and mountains, rich in oxygen, free from dust, and tonic. The following table is a record of observations made regularly during ten years:—

	MAY.	JUNE.	JULY.	AUGUST.	SEPT.	OCTOBER.
Average temperature	53°2'	60°7'	62°8'	60°7'	54°5'	45°1' Fahr.
Relative moisture of the air ..	65°8'	70°9'	71°7'	74°3'	78°9'	83°0' %
Hot days (temp. above 77° Fahr.)	2·7	6·6	9·4	4·7	1·7	0·0
Misty days	1·6	1·6	1·5	4·9	8·2	8·1

The prevailing wind is from S.W. to W.

The town is noted for its salubrity. Both endemics and epidemics are seldom met with. The sanitary conditions are most satisfactory, owing to an excellent water supply and a perfect drainage.

Special Indications: A stay at Eisenach may be recommended to all those who require a pure and tonic air to set them up after illness, or to invigorate them generally, or who wish to escape the noise and bustle of daily life, or to retire from those restrictions which modern society life at the international health-resorts entails. For a long time, Eisenach has been successfully resorted to by those who have gone through a course of the waters at Kissingen, Karlsbad, Homburg, etc.; by convalescents after serious illness; and by those who require rest and recreation for irritated nerves and over-worked brains and bodies.

Season: May—October.

Entertainments: Concerts in the beautiful garden of the Club 'Erholung' (free), also at 'Tivoli' and at the 'Fantasie' (entrance fee); boating on the Prinzensteich; saddle horses and donkeys; fishing, etc. A reading-room (Karlsstrasse 39), stocked with a great many daily papers, periodicals, magazines, etc., is open to the visitor and tourist on paying a nominal fee. Permanent exhibition of pictures, sculptures, etc., at the Gewerbehaus. A visitor's list, containing every useful information, is issued weekly during the summer months.

No Kurtax has to be paid.

Divine Service: Four Protestant and one Roman Catholic Church; Synagogue.

Eisenach is a station on the Bebra-Erfurt line. Post, telegraph, and telephone.

For any further enquiries apply to the—

VEREIN ZUR HEBUNG DES FREMDENVERKEHRS.

Dr. WEDEMANN, Medical Councillor, President.

(Secretary: Mr. SCHELLER, Bornstr. 9.)

Ems Spa.

NEAR COBLENCE—GERMANY.

Route: London—Cologne—Coblence—Ems.

Topography: Ems, the international health resort of old renown, has a most charming position on the banks of the lower Lahn-valley. Nestling as it were at the foot of high mountains, which seem to almost shut it up from any communication with the outer parts of the world, the place is the centre of a truly imposing and majestic landscape, which if once seen is not easily forgotten. The elevation of Ems is 269 feet above sea level.

Climate: Being surrounded by high mountains, which, too, are covered with wood, vineyards, and orchards, Ems is completely sheltered from any rough winds and

enjoys an air which by means of natural and artificial precautions is constantly kept pure and free from dust. The climate is mild. Excessive heat is not a characteristic of Ems, as, by means of the large adjacent woods and the cool air currents coming from the side valleys during the evening, the locality is regularly ventilated and the air refreshed. The average of the relative humidity during the months May to October is between 60 and 75%. The average temperature is :

May.	June.	July.	August.	September.
54°F.	62.31°F.	62.45°F.	67.46°F.	58.64°F.

Accordingly, the average temperature of the season is 60.98°F. The average barometrical reading is 29.64 in.

Curative Means: The springs ('Kränchen-, Fürsten-, Kessel-, and Kaiser-Brunnen') are muriatic sodium thermes of nearly identical constitution and of a temperature ranging from 81.5 to 122° Fahr. They are the only representatives of this class in Germany, and serve for the drinking treatment. Also baths, vapour baths, cold and hot douches, shower baths, massage, frictions, inhalation rooms, pneumatic apparatuses, pneumatic chamber, etc., milk, whey, and kefir are available.

Special Indications: Chronic catarrh of the nose, pharynx, larynx, wind pipe, and bronchi; chronic catarrh of the gastro-intestinal canal and gall-bladder; also catarrh remaining after influenza, whooping cough, pneumonia, etc.; catarrh of the urinary organs; catarrh of the vagina and cervix combined with congestion or incomplete involution of the uterus, and its sequelae.

Doctors: Drs. Panthel, Wuth, Geisse, Goltz, Vogler, von Ibell, Flothmann, Reuter, Döring, Aronsohn, Händel, Apt, Fressel, Werner, Stemmler, Herbel, Baur.

Entertainments: Daily concerts of the orchestra, theatrical performances, symphony concerts, 'réunions,' promenade, drawing- and reading-rooms, excursions, etc.

The Royal Kur-Establishments contain 251 well-appointed rooms, complete bathing arrangements, and the afore-mentioned springs. The fixed Tariff varies from 1.50—10 marks per room and from 80 pfennig—3 marks per bath.

A large number of hotels, boarding-houses, and private apartments provide further excellent and ample accommodation for any number of visitors.

Kurtax: 15 Marks, further members of the same family 6 Marks each.

Season: 1st May to 1st October.

Divine Service: English Church services are regularly held.

The Königliche Badeverwaltung ships the Ems spring salts and pastilles, the Königliche Brunnenverwaltung the Ems waters.

Ems is a station on the Nassau Railway, and is reached from Coblenz in ½ hour. Post and Telegraph.

Particulars and Prospectuses are forwarded by the

Kgl. BADEVERWALTUNG or the KURCOMMISSION.

EMS SPA.

Pneumatic Inhalatorium "Göbel."

Inhaling of condensed air and exhaling into rarified air: The condensed air can be either pure and simple, or air impregnated with volatile or pulverised drugs, dry or vapourized, cool or warmed (up to 140° F.). Twenty-one persons can at the same time :

1. Inhale condensed air of identical or different pressure and exhale into ordinary air,
2. Inhale ordinary air and exhale into rarified air,
3. Inhale condensed air, mixed with ethereal drugs or pulverised mineral water, and having any temperature, and exhale into ordinary air,
4. Inhale heated and medicated air without pressure, and exhale into rarified air,

5. Inhale condensed air, and exhale into rarified air,
6. Inhale condensed, heated, and medicated air, and exhale into rarified air,
7. Inhale ordinary air, and exhale into condensed air,
8. Inhale heated and medicated air, and exhale into condensed air,
9. Inhale condensed medicated air of any temperature, on the Göbel breathing chair, and exhale into rarified air, the chest being, at the same time, automatically compressed.

Special Indications: Asthma, emphysema, bronchitis, debility of the lungs, sequelæ of influenza, pneumonia, and pleurisy.

The institution is of an unique nature regarding its size, as well as its perfection, the apparatuses, engines, and arrangements having been specially designed and constructed by their inventor and proprietor.

RECORD OF PATIENTS :

1885	1886	1887	1888	1889	1890	1891	1892	1893	1894	1895
10	20	65	122	158	352	429	481	386	523	725 persons.

Prospectus gratis and post free on application to the proprietor,

AUGUST GÖBEL, Engineer.

EMS SPA AND MERAN.

Quehl's Inhalatoria for Diseases of the Respiratory Organs.

These Establishments are fitted up with apparatuses of the latest and most approved systems (Jahr, Dupont-Mathieu, Wassmuth-inhalation of soole with ol. pin. pumilio, Heyer-inhalation of oxygen, inhalation of ozone and lignosulfite).

The inspection of physicians, etc., is respectfully invited, and any enquiries are promptly attended to by the Proprietor,

F. W. . QUEHL.

Feydey=Leysin sur Aigle,

CANTON VAUDOIS, SWITZERLAND.

Season, throughout the Year.

Route : London—Montreux—Aigle—Feydey-Leysin.

Topography.—The Village of Feydey-Leysin is situated on a retreat of the western slopes of the "Grande Eau," close to the road leading from the Rhone valley to the Canton of Berne,—3,800 feet above sea level.

A Sanatorium has been recently built on a plateau, situated 660 feet above the village, *i.e.*, 4,460 feet above the sea level, and boarding houses and smaller dwellings near by have also been erected. This plateau is more exposed to the sun than is the village, and at the same time it is sheltered from winds by the mountains and magnificent forests immediately adjoining.

Climate.—*a.* Wind : During the years 1887-1890 the average number of observations of stillness of wind was 81 per cent. of the whole of observations. Winds of temperate force were noticed, during the same time, never more than sixteen times, strong wind no more than five times per half year. Owing to its topographical situation, Leysin is free from any winds coming up the valley.

b. As to the moisture of the air, the following average figures were found during 1887-1890=61'₂; 74'₆; 55'₂; 56'₈₀.

So great is the absence of saturation at Leysin, that the soil very frequently remains dry whilst the snow is melting; the consequence of which (in addition to the absence of strong currents of wind) is that the cold is felt but very little.

Attention is also called to :—*c.* the unusually large amount of sunshine, as shown by the following numbers of hours, recorded by the Helio-Autograph :—

	87.	87-88.	88-89.	89-90.
November	—	70·6	116·25	167·1
December	—	82·6	175·9	121·3
January	149·8	148·25	125·0	120·9
February	179·8	78·0	50·1	150·5
March	126·5	103·25	124·8	177·8
	456·1	482·70	601·05	737·6

The sky is, as a rule, clear, especially in the winter. Mist is recorded 63, 40, 48 times resp. during the winter months of 1887—1890. *d.* Average temperature of 1887—1890 during the winter (celsius°).

	NOVEMBER.			DECEMBER.			JANUARY.			FEBRUARY.			MARCH.		
	Min.	Max.	Average.	Min.	Max.	Average.	Min.	Max.	Average.	Min.	Max.	Average.	Min.	Max.	Average.
night	-64	+29	-06	-151	+18	-54	-123	+19	-43	-113	+07	-77	-119	+14	-46
clock	-50	+50	+09	-132	+45	-31	-112	+38	-27	-118	+24	-53	-141	+62	-23
clock	-25	+94	+52	-78	+77	+08	-67	+71	+14	-72	+63	-08	-70	+97	+28
clock	-32	+80	+37	-107	+56	-11	-90	+62	+02	-90	+49	-20	-85	+96	+28

These figures prove that Leysin has an excellent mountain climate. Its value as a health resort is attributable to its well sheltered position, its pure, dry air, and the great number of sunny hours it enjoys. The soil is covered with snow during 5-6 months. The indications and contra-indications are the same as those of other mountain health resorts; the treatment of the earlier stages of consumption is a speciality at Leysin.

Sanatorium Leysin.—Medical Superintendent: Dr. Burnier—110 rooms, 90 of which face south, the rest east and west. Own supply of spring water. Perfect drainage. Apparatus for disinfection. Steam Heating. Electric Light. Perfect Ventilation. Lift. "Liegehallen" (reclining rooms). Large Drawing Rooms. Arrangements for the walking cure. Bathing and Douching.—Treatment on the Brehmer-Dettweiler principle: "Terrainkur," excellent table, careful treatment of all individual cases.—Tariff: (according to the room) 8—15 frs. per diem, inclusive terms (except doctor's fee, which is paid extra).

Hôtel du Mont Blanc, very close to the Sanatorium, also fitted with an open resting room ("Liegehalle"), and electric light. Mr. Dequis, Proprietor.

Rooms can be had also in private houses, in the best positions, with good heating arrangements. Proprietor, Mr. A. Chessen, at Territet.

Doctors:—Dr. Burnier, medical superintendent at the Sanatorium; Dr. Morel. Druggist, Post, Telegraph, and Telephone. Postal Service to Aigle twice daily. The station for Leysin is Aigle, in the Rhone valley, on the Jura Simplon Railway, reached from Bâle in eight hours. Through carriages. Comfortable flies or sledges always ready for the use of visitors. One-and-a-half hour's drive from Leysin down to Aigle, and three hours' drive from Aigle up to Leysin.

FRANZENSBAD. BOHEMIA, AUSTRIA.—Twelve Mineral Springs (containing in 1000 parts: sod. carbon. 0·2—1·1, iron carbon. 0·009—0·079, soda sulph. 0·8—3·5), used for drinking and bathing; mud, carb. acid, and electric baths, hydrotherapeutics. Season: 1st May to 30th Sept. Station, Post, Telegraph.

Friedenweiler.

BADEN BLACK FOREST, GERMANY.

Route: London—Freiburg i/B.—Neustadt (Baden Black Forest)—Friedenweiler.

Topography: Friedenweiler, 2,965 feet above sea-level,—formerly a cloister (founded 1123), which was turned into a country seat for the Prince of Fürstenberg in 1840,—is situated in a small valley. The wood-covered mountains, enclosing this valley on three sides and leaving only an opening towards the south, afford a complete protection from any rough winds. Numerous well-kept paths, level as well as graduating, provided with restful seats, lead through shady pinewoods, either to favourite places for excursions, or to spots noted for delightful views. The large forest adjoining immediately the Kurhaus is crossed by a net of most magnificent avenues, extending several miles in length. As the soil is almost entirely composed of stony elements, the air is pure, free from dust, and the roads rapidly dry after rain has fallen.

Climate : Owing to the perfect shelter, the climate is very genial, but none the less invigorating and of a mountainous nature. The air is free from mist, fresh and tonic, rich in ozone, and of a convenient degree of moisture. The adjacent forests regulate the temperature and temper all abrupt changes.

Special Indications : The altitude and the climatic conditions place Friedenweiler among the favourite resorts for convalescents and for those who suffer from loss of appetite, indigestion, nervous debility, anæmia, chlorosis, general debility, and insufficient development of the organism. A special efficacy has been proved in cases of chronic affections of the mucous membranes and disorders of circulation. Heart diseases have been cured, or considerably relieved, by a judicious and careful use of the 'Terrain-Kur,' combined with proper baths. A prolonged stay is particularly to be recommended to delicate girls from 15 to 20 years. Lastly, it is a first-class summer resort for those whose over-worked brains and bodies require rest, or who, subject to congestion of the brain, wish to protect themselves in the cool forest from intense summer heat.

Contra Indication : Pulmonary diseases in advanced stages.

Doctors : The Doctors of Neustadt attend also at Friedenweiler (called by telephone).

Entertainments : Reading room; playing grounds, nine-pins, boating and trout fishing, excursions, etc.

Season : May to October.

The **Hotel and Kurhaus Friedenweiler**, considerably enlarged and fitted with every modern improvement, contains (together with its *Dépendance*) 60 well-appointed, airy rooms with about 100 beds. Nearly all the rooms have fire-places, many of them also balconies. There is a large dining-room to seat 150 persons, verandah, refreshment and reading room; also well-fitted bath rooms with douches; sanitation and water supply on approved systems, etc. A passage leads from the second floor direct into the adjoining pine-wood. Warm milk from selected cows at any time. Exquisite cuisine and pure genuine wines, the product of local vintages. Good stabling; carriages always ready.

Divine Service : Roman Catholic services at Friedenweiler, Protestant services at Neustadt.

Walks : Calvarienberg, Schillingskapelle, Waldhäuser, Schöne Aussicht, Alpenbänkli, Rudenberg, Klein Eisenbächli, Tennenberg (magnificent view of the Alps), Höchst, Oberbränd, Reichenbachthal, Bad Eisenbach, Bubenbach, the big pine tree (the biggest pine tree of the Black Forest), etc.

Post and telephone; postal service twice daily between Friedenweiler and Neustadt.

Friedenweiler is within $\frac{3}{4}$ hour's drive from Neustadt, a station on the Höllenthalbahn (Freiburg i/B.—Neustadt line), or $1\frac{1}{2}$ hour from Hammereisenbach (on the Donaueschingen-Furtwangen line).

For any further particulars apply to CARL BAER, Proprietor, or to the Spas' Association, 40, Chancery Lane, London, W.C.

Friedrichroda.

THURINGIA, GERMANY.

Route : London—Cologne—Cassel—Bebra—Friedrichroda.

Topography and Climate : Friedrichroda, 1,476 feet ab. s. l., the most favourite summer resort of central Germany, is within $\frac{1}{4}$ mile from Reinhardtsbrunn Castle, and surrounded by magnificent wood-covered mountains. The climate is very equable, the air rich in oxygen and ozone. Water supply and complete drainage.

Curative means : Cold, hot, sool, and herb baths, whey, hyrotherapeutics, electricity, massage, inhalations, etc.

Indications : Chlorosis, nervous diseases, febris intermittens, disturbances of circulation, congestion, bronchitis, phthisis, pleuritic conditions, scrofula, gout, etc.

Entertainments : Fifty miles of well-kept roads, charming excursions, concerts, *réunions*, fireworks, pic-nics, children's fêtes, reading and game rooms.

Kurtax : 6 Marks; for 2, 9 Marks; for 3, 12 Marks.—Numerous, well-appointed apartments. Electric light. Post, telegraph, and telephone. 28 trains daily.—10,093 visitors in 1895 (tourists excluded).—For particulars and prospectus (gratis) apply to the BADE COMITEE : DR. WEIDNER, Sanitary Councillor.

Gardone Riviera.

LAKE GARDA, ITALY.

Route : The journey from Desenzano Station (2 hours from Milan, 1 hour from Verona) takes 1 hour by boat. Passengers from Munich (*via* Brenner Railway) travel *via* Mori to Riva, where they take the boat to Gardone.

Topography : Gardone Riviera is a climatic winter station, situated on the borders of Lake Garda, on the southern slopes of the Alps. The locality is well sheltered from north winds. Owing to the general growing of olives, laurels, and lemons, the vegetation is evergreen.

Climate : The average of 10 years' observations (1885—1895) is :

	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	April
Average temp. (Fahr.°) ...	56·3	47·1	39·2	37·2	39·5	46·7	55·2
Average of daily maximum ...	62·2	51·4	44·0	42·2	45·6	53·9	63·5
Frost (night temp. below 32°F.) ...	--	—	9	15	9	3	—
Relative moisture (per cent.) ...	79	82	77	76	73	71	70
Bright days (absence of clouds) ...	9	8	12	14	12	13	10
Sunshine (by hour) ...	164	119	130	145	162	196	206
Rainy days ...	11	11	6	6	6	10	10

Snow : 2—3 times only during the winter.

According to the above figures, the average winter temperature is higher than that of any European centre north of the Ligurian Riviera. No abrupt changes occur. Even on the shortest day, the sun is visible for 8 hours. The moisture of the air is in a medium ratio.—A prominent feature of Gardone is its sheltered position : 80% of the observations made 3 times daily proved a total absence of any currents ; in consequence of this, the place is free from dust. (cfr. : Koeniger, Gardone Riviera, Berlin, J. Springer.)

Special indications : Chronic affections of the throat and chest, nervous diseases, anæmia, chlorosis, diseases of the circulatory apparatus, convalescence, etc.

Doctors : Dr. Koeniger, Sanitary Councillor (English and French Consultation), Dr. Krez.—Trained male and female nurses.—Massage.

Hotel and Pension Gardone Riviera, 150 rooms (mostly facing south), central heating, electric light.—Magnificent dining room, restaurant, drawing, reading, game, and smoking rooms, two glass verandahs, covered promenade.—Warm baths.—Garden, park with lawn-tennis ground.—‘*En pension*’: from 7.50 frcs. per diem.

Great choice of excursions (walking, driving, and boating).—Fishing, rowing, sailing, etc.—Sea bathing until the end of October.

Divine Service : Protestant and Roman Catholic services.

Season : 15th September to 15th May.

Harzburg.

DUCHY OF BRUNSWICK, GERMANY.

Route : London—Brunswick—Wolfenbüttel—Börssum—Harzburg.

Topography : Harzburg, 900 feet above sea-level, has a well-sheltered position on the northern outskirts of the Harz. Magnificent pine- and leaf-woods, laid out with well-kept paths, 24 miles in extent, adjoin the town.

Climate : The climate is dry and invigorating. The air is pure, of a balsamic nature, and rich in ozone, owing to the adjacent large forests and to the regular exchange of atmosphere between mountain and valley.

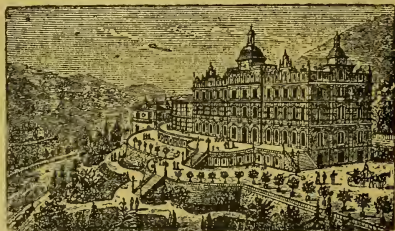
Curative means : (1) The sool-baths of ‘Juliusshall,’ located at the mouth of the Radau valley and immediately adjacent to the promenades. The water of the spring contains 6·65 per cent. of chloride of sodium, and is used for sool-baths, with an addition of pine extract, if suitable. Also sulphur, iron, iodine, malt, herb, wave, and shower-baths can be obtained. (2) Crodo spring, an alkaline water used for drinking. (3) Swimming-baths. (4) Whey cure. (5) Pure and tonic air.

Special indications : Scrofula, nervous diseases, gout, rheumatism, chronic affections of the joints, female complaints, laryngitis, bronchitis, gastric and intestinal catarrh, plethora abdominis, hæmorrhoids, sequelæ of influenza, etc. Harzburg ranks among the most favourite summer resorts.

Entertainments : Concerts twice daily ; reading, billiard, drawing, game, music, and ball-rooms in the Kurhaus, '*réunions*,' recitals, croquet, lawn-tennis, ranges for rifle and pistol, horse races (first half of July), excursions.

Kurtax: 6 Marks; family of two to four, 10 Marks; of more than four, 12 Marks.

Accommodation : Numerous first-class hotels and private houses (Villa Ilse).—Harzburg is the terminus of the Wolfenbüttel-Harzburg line. Post, telegraph, and telephone.—For any further particulars apply to the Herzogl. Badecommissariat.



Kurhaus Schloss Heidelberg.

HEIDELBERG, GRAND DUCHY OF BADEN, GERMANY.

Route : London—Cologne—Heidelberg.

Topography : The 'Kurhaus Schloss Heidelberg,' 734 feet above sea level, is located on the north slope of the 'Königstuhl,' immediately behind the 'Heidelberg Schloss,' in one of the most charming spots of the environs of Heidelberg, commanding a magnificent view of the Neckar valley and the Rhine plains. The quiet and select position and the surrounding parks and immediately adjoining large woods render the place a most favourite resort for invalids, especially during spring and autumn.

Climate : The climate is mild, and according to observations made from 1881-1890, the average temperature of the four seasons of the year is :

Winter	-	-	34°80' Fahr.	Summer	-	-	64°47' Fahr.
Spring	-	-	49°59' „	Autumn	-	-	49°69' „

Average temperature of the year, 49°62' Fahr.

Average temperature of the coldest month - - 33°49' Fahr.

Average temperature of the hottest month - - 65°89' Fahr.

The relative moisture of the air is 77 %. Misty days occur but seldom, and then only during the winter months, and it happens frequently that whereas mist covers valley and plains, the brightest sunshine prevails on the hills.

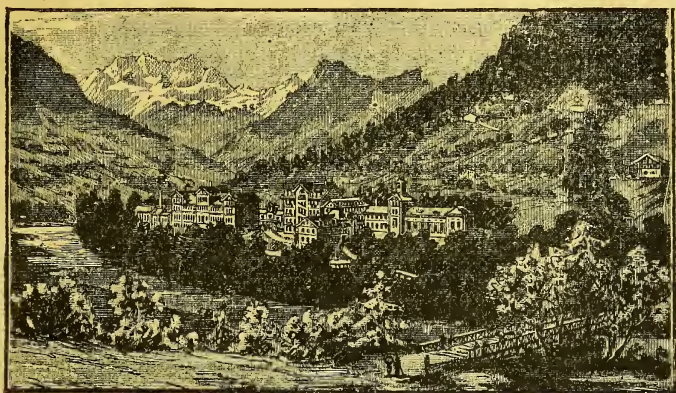
The sanitary arrangements are perfect and up-to-date ; a constant water supply furnishes excellent spring water; the drainage is complete and on a modern system; and every care is taken that all the usual sanitary precautions are duly observed and carried into effect.

The 'Kurhaus Schloss Heidelberg' is open all the year round and replete with every modern convenience, such as lift, etc. The rooms are very comfortable and most tastefully and sumptuously furnished.

The Bathhouse, fitted with a separate department for ladies, contains complete arrangements for every kind of hydropathic appliances : full, half, sitz, foot-baths, electric baths. Electricity (in all its forms), massage, gymnastics (apparatuses of Dr. Zander, Stockholm), pneumatic treatment (Geigel's double ventilator). Terrain-, diet-, and reducing cures ; antiluetic cure ; drinking cure ; treatment by physics.

Special indications : Chronic diseases of the nervous system, respiratory organs, heart and vessels ; chronic disturbances of digestion ; constitutional diseases, such as chlorosis, anæmia, diabetes, etc. ; chronic intoxications ; rheumatic conditions ; convalescence (also after serious operations).—Mental cases are excluded.

Superintending Physician : Dr. Dambacher (late assistant to Professor Dr. Erb, at Heidelberg), who will gladly attend to any enquiries, and give any further particulars on application.



Heustrich Spa.

BERNESE OBERLAND, SWITZERLAND.

Route: London—Berne—Thun—Spiez—Heustrich.

Topography : Heustrich is situated 2,230 feet above sea level, at the north-eastern foot of the Niesen, and on the left bank of the wild Kander River. In the North-east, the valley runs out into the wood- and meadow-clad plateau of Aeschi, whilst in the South-east the snow-and-ice-covered Blümlisalp may be seen.

Climate: Heustrich has a sub-alpine climate, and enjoys a special reputation for its perfectly sheltered position. The air is pure and free from dust, the valley being permanently ventilated. The average temperature of the four months of the season was, in 1891 :

June. 58° Fahr.	July. 65·1° Fahr.	August. 60·4° Fahr.	September. 50° Fahr.
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As abrupt changes of temperature occasionally occur at Heustrich, visitors are advised to provide themselves with warm clothing, especially if they go to stay there towards the end of August or during September.

Curative means: The cold alkaline sulphur water of Heustrich is distinguished by a high percentage of bi-carbonate of soda, and of sulphate of soda, and by an absolute freedom of sulphate of lime, which properties combine to place the spring on almost the same line as Ems and Vichy (resolvens and expectorans).

10,000 parts of the water contain (by weight) :

Bicarbonate of Sodium 6·710	Chloride of sodium	0·093
Bicarbonate of lime.....0·125	Sulphide of sodium	0·339
Bicarbonate of magnesium.....0·076	Alumina and phosphate of lime.....0·020	
Bicarbonate of protoxide of iron.....traces	Silica.....0·090	
Bicarbonate of lithium.....0·039	Sulphuretted hydrogen gas.....110·9 cc.	
Sulphate of potassium.....0·064	Nitrogen.....314·5	
Sulphate of sodium.....2·005	Temperature.....42·4° Fahr.	
Hypsulphite of sodium.....0·262	Specific gravity.....1·000671	

In addition to the drinking treatment, there are to be found here the most complete and

model arrangements for local applications of the waters, such as inhalation apparatuses, nasal douches, gargarismata, vaginal injections, baths, various douches, hydrotherapeutics, in combination with massage, etc. There is also a pneumatic apparatus (on the Schnitzler system), and a pneumatic chamber.

Special indications: Chronic catarrh of the air passages (rhinitis, pharyngitis, laryngitis), bronchitis, etc., including its complications (emphysema, asthma, etc.); early stages of phthisis, chronic gastric and intestinal catarrh, the treatment of which is a speciality at Heustrich,—catarrhal affections of the uropoetic and generative organs; anæmia, chlorosis, scrofula, chronic rheumatism, tendency to colds, furunculosis, eczema, and psoriasis.

Resident Physician: Dr. Neukomm.

The '**Kur-Etablissement**,' a first-class hotel, capable of accommodating 250 guests, is fitted with every modern home comfort. Electric-light, fire-places in most of the rooms, water supply on each floor, sanitation on English system. Board (*table d'hôte*), 7 frs.; Board (in the Kursaal), 4.50 frs.; Children under 10 years, $\frac{1}{2}$ — $\frac{2}{3}$ of full tariff. Rooms: 1—12 frs., including light and attendance; sitting rooms, from 15 frs., according to requirements.

Divine Service: Protestant and Roman Catholic services.

Season: 1st June to 20th September.

The station for Heustrich is Spiez (on the lake of Thun), which can be reached from Thun either by rail or boat. From Spiez to Heustrich is three-quarters of an hour's drive by post or hotel carriage, which conveyance should be ordered in advance. Heustrich can also be reached from Interlaken by a two hours' drive, from Thun by a 1½ hours' drive. Post, telegraph, and telephone.

For any further particulars apply to the proprietors:

HOFSTETTER & LÜPS.

Hohenhonnef on the Rhine.

Sanatorium for Diseases of the Lungs.

Open winter and summer.

Route: London—Cologne—Honnef or Königswinter or Rolandseck.

The Sanatorium, 'Hohenhonnef,' opened in October, 1892, and resorted to by nearly 700 patients up to the end of 1895, has now become a favourite centre for sufferers from pulmonary diseases to such a degree that an extension of the present buildings has been decided upon.

This rapid course of development is due to the excellent climatical and topographical properties of the place, as well as to those most modern hygienic and architectural improvements, with which the establishment has been arranged. Its situation on the slope of the romantic 'Siebengebirge,' in midst of large woods, affords a delightful view of the Rhine valley and the little town of Honnef, called the 'Rhenish Nice.' Hohenhonnef can boast of being not only the latest, but also the best appointed of all similar institutions. Model arrangements have been provided for carrying out any kind of cure calculated to counteract affections of the respiratory organs, the immediate supervision of the medical superintendent assisting to bring about successful results.

The spacious rooms—75 in number—have plaster floors covered with linoleum. Each room has its own ventilating shaft and its own hot water pipe, so that temperature can safely be regulated according to requirements. The moveable upper windows allow an easy access of fresh air. Electric light throughout the house. Comfortable lift to all floors. There is also a suite of magnificent drawing-rooms. Extensive halls and verandahs, fitted with every kind of shelter from rain, sun, or wind, give an opportunity of staying out of doors during all weather and seasons, even for susceptible patients. The establishment is surrounded by park and wood, through which graduating roads of several miles in length, leading to most charming and varied spots, have been laid out.

Medical gentlemen are respectfully invited to visit this Sanatorium in the Siebengebirge, and to inspect its position and arrangements.

The method of treatment as carried on at the Hohenhonnet Sanatorium is based on hygienic principles, and its efficacy has been proved by the large number of cases which have been relieved and cured since the time the establishment was inaugurated. Two-thirds of the cases treated at Hohenhonnet showed satisfactory, good, or, indeed in some instances, surprising results. A 'sanatorium,' however, is primarily calculated to benefit 'curable' patients; these, therefore, should resort to the institution at a time when their *malaise* has not passed the first stage, then, a strict treatment is followed by certain success; waiting until the result of a cure becomes uncertain, or no result can be obtained at all by any sacrifice of time and money, is only apt to insure disappointment.

The **Tariff** is very moderate, considering the perfect arrangements and the high-class comforts and conveniences.

Full board (five meals daily: first and second breakfast, dinner, tea, and supper), including medical attendance: 8 Marks daily.

Room, including light (electric), fire, and attendance, according to size and position of the room: from 2 Marks daily.

Hohenhonnet is within easy access of Cologne, Aix la Chapelle, Frankfort o/Main, etc. Two fast trains stop at Honnet station (Right-Rhenish Railway). Patients arriving at Königswinter (four fast trains) can be met there by the carriage of the Sanatorium (three-quarters of a hour's drive). Those who arrive at Rolandseck (opposite Honnet, on the Left-Rhenish Railway) order the carriage to the ferry of Rolandseck.

Prospectus and further particulars on application to the Medical Superintendent,
DR. ERNST MEISSEN, Hohenhonnet o/Rhine.

Homburg Spa.

PROVINCE OF HESSE-NASSAU, GERMANY.

Route: London—Frankfort o/Main—Homburg.

Situation and Climate: Homburg is situated on the south-eastern slopes of the wood-clad Taunus, 620 feet above sea level, immediately adjoining extensive beech and pine woods, with easy paths and carriage roads leading up to the ridge of the mountains. It has a mild mountain climate. The air is very pure, dry, bracing, and invigorating, and is fresh and cool in the summer, with no hot nights. The number of rainy days is less than the average for South Germany. The soil and roads dry rapidly even after heavy rains, and the atmosphere does not lose its dry character in the winter.

Average temperature of each of the summer months:—

MAY.	JUNE.	JULY.	AUGUST.	SEPTEMBER.
54°72° F.	65°84° F.	64°62° F.	65°86° F.	55°72° F.

Highest and lowest records of the day during the summer:—

MAY.		JUNE.		JULY.		AUGUST.		SEPTEMBER.	
highest	lowest	highest	lowest	highest	lowest	highest	lowest	highest	lowest
64·6	44·6	74·03	55·17	73·4	56·07	73·6	55·17	62·6	45·7

Average barometrical reading during the summer, 29·71 in.

The prevailing wind is from the N.W.

The **hygienic conditions** are the best possible. The greater part of the ground on which the town has been built has a very low underground water-level. This, too, has been proved by exact examinations to be subject to but very slight variations.—There is a perfect drainage, and an excellent fresh spring-water supply from the mountains.

Curative means: I. Mineral springs: Elisabeth-, Kaiser-, Ludwig's-, Louisen-, and Chalybeate Spring.

II. Baths: Salt, carbonic acid, mineral baths (heated on Schwarz's system), mud-baths, pine-needle baths, addition of salt, mother-lye, and other ingredients prescribed by the profession. Every kind of douche.

III. Inhalation of pulverized mineral water.

IV. Two establishments for gymnastics and massage, one of which is fitted with hydro- and electro-therapeutical appliances.

V. Goat's milk and whey, the latter prepared by a "Senne" of Appenzell.

VI. The various mineral waters usually prescribed.

Ad. I. Homburg has **two kinds** of **Mineral Springs**, which differ by their constituents and their action.

First.—The so-called *dissolving waters* (Elisabeth, Ludwig, and Kaiser), chiefly acting on the various catarrhs, promote digestion and metabolism, accelerate the peristaltic motion of the bowels, and have a laxative effect.

They increase the watery excretions of the abdominal organs, decrease the lateral pressure of the vessels by removing the resistance of morbid depositions, and if taken in the proper way, reduce the weight of fatty persons without loss of albumen. On the other hand, the weight can be increased in cases of affected digestion and convalescence, if the use of the waters is appropriately modified.

Secondly.—The two *chalybeate springs* (Louisen- and Stahlbrunnen) are characterised by containing a considerable amount of salt, and, for this reason, they are much easier digested by many persons than the pure iron-waters. The Louisen-brunnen has the same percentage of iron as the Schwalbach Weinbrunnen (one litre contains 0.06 carbonate of protoxide of iron).

The "Stahlbrunnen" contains 0.098 carbonate of protoxide of iron in one litre, and, therefore, is one of the strongest chalybeate waters of Europe. Its action corresponds with its ingredients.

Ad. II. Baths. 1.—Ferruginous salt-baths; 2.—Ferruginous salt-baths, with natural carbonic acid (heated on the Schwarz system); 3.—Sool-baths of various degrees; 4.—Mud-baths (mud of the high Rhön); 5.—Pine-needle baths, and all the other medicinal baths.

Analysis by Professor Dr. R. FRESSENIUS, Privy Aulic Councillor.

1,000 parts contain :	Elisabeth- Brunnen.	Kaiser- Brunnen.	Ludwigs- Brunnen.	Luisen- Brunnen.	Stahl- Brunnen.
Temperature of the springs (Fahrenheit)	51.08	52.70	53.42	52.30	51.8
Specific gravity of the water	1.01140	1.00827	1.006944	1.00378	1.007080
Chloride of sodium	9.86090	7.17703	5.11920	3.102812	5.863199
Chloride of potassium	0.34627	0.25170	0.23551	0.089260	0.248320
Chloride of lithia	0.02163	0.01509	0.01036	—	0.012067
Chloride of ammonia	0.02189	0.01500	0.00511	0.009370	0.013187
Chloride of lime	0.68737	0.54803	0.46852	—	0.497721
Chloride of magnesia	0.72886	0.41962	0.37430	0.084000	0.315457
Iodide of magnesia	0.00003	0.00002	0.00001	—	0.000015
Bromide of magnesia	0.00286	0.00024	0.00066	—	0.000676
Nitrate of potash	—	—	0.00277	—	0.001874
Sulphate of lime	0.01680	0.01540	0.01248	—	0.003725
Sulphate of baryta	0.00100	0.00187	0.00270	—	0.000420
Sulphate of strontia	0.01776	—	—	—	0.010616
Sulphate of potash	—	—	—	0.035038	—
Bi-carbonate of lime	2.17672	1.32941	1.14686	0.954129	1.040370
Bi-carbonate of magnesia	0.04320	0.07290	0.04452	0.196596	0.093588
Bi-carbonate of protoxide of iron	0.03196	0.03232	0.01465	0.060934	0.098463
Suspended hydrated oxide of iron	—	—	0.00201	—	—
Bi-carbonate of protoxide of manganese	0.00210	0.00213	0.00170	0.002560	0.005605
Bi-carbonate of protoxide of cobalt-nickel	—	—	—	—	0.000032
Bi-carbonate of baryta	—	—	—	0.000220	—
Phosphate of lime	0.00094	0.00055	0.00051	0.001001	0.001017
Silicic acid	0.02635	0.01481	0.01236	0.020100	0.017190
Total of solid matter	13.98664	9.89572	7.45413	4.565540	8.223542
Carbonic-acid, perfectly free	1.95059	2.76196	2.65344	1.892482	2.042990
Sulphuretted hydrogen	—	0.00016	—	0.001460	0.000671
Total of all constituents	15.93723	12.65774	10.10757	6.459182	10.267203
Gases:					
Free carbonic-acid C.C.	1039.6	1471.88	1414.9	1003.3	1082.93
Free and semi-bound carbonic-acid C.C.	1407.0	1706.7	1612.5	1204.5	1283.67
Sulphuretted hydrogen	—	0.1550	—	0.964	0.462

Special indications: *A. Diseases of the alimentary canal.* Catarrh of the pharynx is successfully acted upon by inhalations of pulverised mineral water (besides drinking the water). Owing to their containing a large amount of salts and carbonic acid, the Homburg dissolving waters (Elisabeth, Ludwig, and Kaiser) have unrivalled success when used for cases of chronic atony of the digestive canal, secondary stagnation in the whole district of the large abdominal glands, and the vessels of the entire alimentary tract (hæmorrhoids and many of the uterine diseases). For the same reason, the treatment of many forms of heart disease by means of the Homburg baths is greatly assisted, if these waters are also used internally.

Especially as regards gastric diseases, not only the extensive field of gastric catarrhs and their dyspeptic sequelæ, but also gastric atony, as well as the gastric neuroses, acidifying or not, are permanently improved, and cured in many cases.

Catarrhs of the colon, even if caused by a stay in tropical countries, are removed by the use of the Elisabeth spring.

Persons subject to gallstone-colic, and to diseases of the biliary ducts and liver, get relieved and cured by taking this water.

B. Disturbances of metabolism. In the first place, obesity is favourably acted on by drinking the Homburg waters, no loss of albumen, as has been proved, taking place. Moreover, it has been established by long and gratifying experience, that one of the most suitable subjects for the treatment by Homburg waters and baths is gout, not only of persistent, but also of the so-called latent form, particularly the gout of elderly people. Chronic rheumatism, with its products, is successfully treated by drinking the waters, and by taking the proper kind of the Homburg baths, chosen according to the nature of the patient and his case. The best results are obtained in cases of diabetes, especially if combined with derangements of digestion (constipation). The weight of the body is maintained, and often increased, whilst, at the same time, the excretion of sugar is decreased. The number of diabetics seeking relief at Homburg is year by year increasing rapidly.

Simple and carbonic-acid salt-baths are successfully prescribed in cases of scrofula. The ferruginous waters, chalybeate springs, and "Louisen-brunnen," combined with carbonic-acid salt-baths and mud-baths, are specially indicated in cases of anæmia (primary or secondary), chlorosis and its sequelæ, after infectious diseases, malaria and influenza.

C. Circulatory organs. The internal use of carbonic acid salt-water considerably assists the cure of many cases of heart disease by improving the circulation of the blood. The Homburg baths, however, containing a high percentage of carbonic acid, and heated on the Schwarz system, have the well-known effect of calming the action of the heart, and strengthening the cardiac muscles. By this means, a great many sequelæ are improved or cured.

D. Respiratory organs. Catarrh of the bronchi and larynx, caused by congestion, is relieved and often cured by taking the Elisabeth-water in combination with salt and pine-needle baths, also by constantly inhaling the dry, pure ozone air of the place.

E. In cases of *nervous diseases*, the Homburg air, if the proper baths are taken at the same time, has a tonic effect. Owing to their variety, the baths can be carefully adapted to the individual case. There are treated: neurasthenia, hypochondriasis, ischias, tabes, sequelæ of apoplexy, debility (sexual) during convalescence and after influenza.

F. Female diseases. Subinvolution, chronic metritis, and residua of para- and peri-metritis are cured by a combined treatment of drinking the waters and taking mud-baths. Congestion and hæmorrhage, if caused by benign tumors of the uterus, are considerably improved, especially if the patient returns to Homburg for several years.

Winter Kur: The drinking treatment is continued during the winter with the same satisfactory results as in the summer. The drawing-, game-, reading-, ball-, and concert-rooms of the Kurhaus are open all the year round.

Doctors: Dres. Deetz, Hitzel, Will, Hoeber, Weber, Lommel, Schetelig, Schleussner, Scherk, Maurer, Friedlieb, Grünert, Leber, Rübamen.

Entertainments: During summer, the orchestra plays three times daily (in the morning at the springs, in the afternoon and evening in the Kurgarten). Several "réunions" take place each week, also military concerts, theatrical performances, illuminations, fireworks, forest and children's fêtes, golf, lawn-tennis, etc. During

winter, there are orchestral concerts, weekly symphony or artists' concerts, lectures, theatrical performances, balls, ice-fêtes, etc.

Kurtax : For the whole of the season : One person 16, a family of two 26, of three 34, of four or more 40 Marks, reduced to the half on and after 10th September.

Divine Service : English Church service.

Post and Telegraph Office in the new building opposite the Kurhaus.

The mineral waters are shipped all the year round by the Brunnen-Verwaltung zu Homburg vor der Höhe (Dr. A. Rüdiger & Co.).

For any further particulars and prospectus, apply to the

KUR UND BADEVERWALTUNG.

HOMBURG SPA,

Hydropathic Establishment.

Treatment by massage, electricity, and gymnastics is also carried on.—Diseases of the digestive organs, gout, rheumatism, nervous diseases, anæmia, diabetes, affections of the muscles and joints, are fit cases for the cure. Treatment for producing or reducing obesity (excretions being regularly examined).—Dietetic cooking.—Massage practised by the superintending physician or his medical assistant only.—Every kind of bath and electricity.

Prospectus gratis on application.

DR. HANS LEBER.

Hornberg. BADEN BLACK FOREST, GERMANY.

1,246 feet above the sea level. Climatic summer resort ; mean summer temperature 66.9° Fahr. Pine baths, swimming baths.—English Church services during the summer.—Water supply and electric light throughout the town.—Post and Telegraph. Hornberg is a station on the Black Forest (Offenburg-Villingen) Railway.

Hunyadi János.

NATURAL APERIENT WATER.

The Hunyadi János Bitterwater is drawn from more than a hundred wells situated in a valley surrounded by hills, south-west of Budapest. In 1863, the owner of the territory, Andreas Saxlehner at Budapest, commenced shipping the natural Hunyadi János Bitterwater, and nowadays the same water represents a remedy well known and in high favour all over the world.

According to the opinions of the most eminent medical authorities, the Hunyadi János Water

1. is a safe, gentle, and reliable aperient,
2. is invaluable in habitual constipation,
3. is a preventative of inflammation, congestion, and gouty disorders,
4. is beneficial in chronic affections of the organs of respiration and circulation,
5. arrests and prevents fatty degeneration of the heart.
6. overcomes the tendency to obesity,
7. prevents hæmorrhoids,
8. averts many of the complications of pregnancy and of diseases peculiar to women,
9. procures relief in and prevents the recurrence of bilious attacks and liver congestions,
10. wards off the consequences of indiscretions of diet.

Subjoining some reports of prominent physicians and of the medical press on the virtues of this mineral water :

Prof. Virchow, the celebrated Berlin Physician, says that "Hunyadi János has always given him satisfactory results," and he considers it "one of the most valuable of the curative agents at our disposal."

British Medical Journal : "It has established itself in favour with leading physicians and therapeutists of every country, whose testimonies bear witness to its action as a speedy, sure, and gentle aperient for ordinary use ; it is remarkably and exceptionally uniform in its composition, and free from defects incidental to many other Hungarian Bitter Waters."

The Lancet : "Baron Liebig affirms that its richness in aperient salts surpasses that of all other known waters."

Prof. Moleschott, Rome, says : "For now ten years past I have prescribed Hunyadi János Water whenever a speedy, sure, and gentle aperient has been required."

Prof. Árpád Bókai, Budapest, says : "Owing to its always uniform composition, the Hunyadi János Bitterwater acts in a most reliable manner, and therefore deserves particular attention in the medical practice."

Up to the present, more than 1,000 prominent physicians have reported on the Hunyadi János Bitterwater. Its reputation as being the best, gentlest, and safest Natural Aperient Water has been so firmly established in every part of the world and in all climates that there are scarcely any medical men who do not know its excellent properties from their own experience.

Interlaken. CT. BERNE, SWITZERLAND.

1,870 feet above sea-level. Summer resort and centre for Alpine tourists. About 100,000 visitors per year.—English, Scotch, etc., Church services.—Season : 1st May to 30th September.—Post and telegraph.—Interlaken is a station on the Thun-Interlaken and on the Därligen-Interlaken Bönigen lines.

Ischl. SALZKAMMERGUT, AUSTRIA.

The Summer Resort of the Imperial Family and Court of Austria.

Ischl, situated in the centre of the Austrian Salzkammergut, 1,600 feet above sea level, is well sheltered from winds and free from dust. Average summer temperature, 63.5°F.; yearly, 49.1°F. There are sool, mother lye, Salzburg sulphur mud, sulphur spring, Russian, Roman-Irish, and sool-vapour baths ; also perfectly fitted establishments for inhalations of pulverized soole, of fir-tree-, pine-needle-, and sool-vapour ; river- and swimming-baths, and a gymnastic institute.

Indications :—Disorders of nutrition and blood development, and their effects ; anæmia, convalescence after serious illness ; as a ' Nachkur ' (after treatment), after Marienbad, Karlsbad, Franzensbad. The waters are also useful in rickets, chronic catarrh of the air passages, phthisis incipiens, tuberculosis, exudation of the pleura and peritoneum, female complaints, and irritability of the nervous system (hysteria).

About twelve resident physicians.—English Church service.

Hotels :—Kaiserin Elisabeth, Bauer, Post, Goldenes Kreuz, Erzherzog Franz Carl, Victoria, Bayrischer Hof, Goldener Stein, Goldene Krone.

Ischl, a station on the Kronprinz Rudolph Railway, is reached in 7 hours from Vienna, in 3 hours from Salzburg, and in 5 hours from Passau.

Chairman of the Kurcommission, G. GSCHWANDTNER, Mayor of Ischl.

Karlsbad.

BOHEMIA, AUSTRIA.

Route : London—Cologne—Nuremberg—Eger—Karlsbad.

Topography and Climate : Karlsbad, one of the leading health resorts of Europe, is situated 1,226 feet above sea level, in the north-west part of Bohemia, in a romantic valley surrounded by thickly-wooded mountains. The climate is that of Central Germany, the average temperature of the year being 45.7° F., and the average temperature of the season 57.9° F.

The town is lighted by electricity and has a water supply of pure spring water from the mountains, and a complete drainage on modern system.

Curative means : The healing agents of Karlsbad are the thermal springs, well-known for upwards of 500 years, and the products prepared from the Sprudel water, called Sprudel Salts. The waters are used internally, as well as for external applications (baths, etc.). Karlsbad is the leading representative of the alkaline saline mineral waters. The following are the principal springs, with their temperatures : 'Sprudel,' 162.5° F., 'Felsenquelle,' 139.6° F., 'Neubrunn,' 138.2° F., 'Theresienbrunn,' 119.3° F., 'Mühlbrunn,' 118.4° F., 'Marktbrunn,' 106.8° F.

According to the analysis by Professor Ludwig (Vienna), the Sprudel water contains the following chief constituents in 10,000 parts :

Carbonate of magnesium ...	1'665.	Sulphate of potassium ...	1'862.
Carbonate of lime	3'214.	Sulphate of sodium	24'053.
Carbonate of lithium	0'123.	Chloride of sodium	10'418.
Carbonate of sodium	12'980.	Carbonic acid, semi-bound,	7'761.

Carbonic acid, free, 1'898.

Special indications : The Karlsbad thermal waters are successfully used in cases of diseases of the alimentary canal, liver, renal and urinary organs, prostate and uterus, in cases of gout, obesity, abdominal plethora, and diabetes mellitus.

There are five colonnades (or covered promenades), four large bathing establishments : 'Kaiserbad,' 'Kurhaus,' 'Neubad,' and 'Sprudelbadehaus,' in which mineral water baths, hot and cold douches, mud and vapour baths can be had ; the Kaiserbad is luxuriously fitted, and here hydropathic treatment, single vapour baths, cabinet vapour baths ('Kastenbäder') on the Berthé system, electric baths, massage, and Swedish gymnastics (Zander system) are available.

There is also a Municipal Hospital, a Hospital for foreigners, a Jewish Hospital, and a Sanatorium.

Doctors : Drs. Ahnelt, Austerlitz, Bayer, Becher, Bernharth, Cartellieri, Erenyi, Engel, Fink, Frank, Fischer, Freund, Friedenthal, Fridländer, Gans, Gintl, Glaser, Grünberger, Hassewicz, Hermann K., Herrmann A., Hertzka, Hirsch E., Hirsch J., Hirsch S., Hochberger Ritter v., Hochberger J., Hoffmann, Hofmeister B., Hofmeister R., Kafka, Kallay, Kleen, Klemperer, Kraus F., Kraus J., Kraus O., Kretowicz, Kugler, Kury, Lebovici, London, Lorand, Löwenstein, Löwy, Mayer, Mera, Mlady, Müller, Munk, Nagl, Neubauer, Neustadt, Ostreicher, Padowetz, Pleschner, Pollatschek, Pollitzer, Popper, Preiss, Reichl, Ritter, Rosenzweig, Ruff, Rüling v., Samisch, Seligmann, Spitzer, Schnee, Schumann-Leclercq, Stark, Steidl, Stiche, Strunz, Sztankovanszky v., Taussig, Toepfer, Tugendhat, Tyrnauer, Wallisch, Zatloukal.

Entertainments : Concerts by the Kur-Orchestra every morning from 6—8, in the Sprudel-Colonnade, and in the Mühlbrunnen-Colonnade, also concerts in the afternoon and evening ; concerts by the Karlsbad Concert Orchestra, military and gipsy music, concerts by Tyrolese singers, theatrical performances, Kurhaus, reading-

rooms, '*réunions*,' artists' concerts, lawn-tennis grounds, riding institute, with large covered *manège*.

Kurtax: 4 classes, according to position and means:—I. class, 10 Fl.; II. class, 6 Fl.; III. class, 4 Fl.; IV. class (children and servants), 1 Fl.

Season: The official season begins the 1st May and ends the 1st October. The waters, however, are taken, and patients go to Karlsbad, all the year round.

The number of visitors was (in 1895), **42,000**; this number does not include those who stayed less than a week.

Divine Service: English services are held in the English Church, Roman Catholic, Protestant, and Russian services in the respective churches, and Israelitic services in the Synagogue.

Accommodation: A great number of comfortably-appointed hotels, and many private houses in Karlsbad, are fitted for the accommodation of visitors. A large choice of apartments and well furnished suites of rooms meet all requirements, and as the town consists of more than 1,000 houses, no lack of accommodation ever occurs, even during the height of the season.

Karlsbad is a station on the Eger-Komotau-Prague line. Through carriages run to all the principal towns during the season.

Prospectus (in all modern languages) can be obtained gratis of the

BÜRGERMEISTER-AMT (CURVERWALTUNG).

Kissingen Spa.

KINGDOM OF BAVARIA, DISTRICT OF UNTERFRANKEN AND
ASCHAFFENBURG, GERMANY.

Route: London—Cologne—Würzburg—Kissingen.

Situation and Climate: Kissingen Spa, renowned of old for the healing powers of its waters, is situated in the romantic valley of the Franconian Saale, on the slopes of the Rhoen Mountains, in the midst of lovely wood-clad hills. (N. 50° 12' 7" latitude, and E. 27° 54' 27" longitude, 670 feet above the sea level.)

Kissingen Spa has the climate peculiar to Middle Germany:—Average temp. of the year 47·4° F., average temp. of the summer 62° F., average of barometrical reading, 29·25 in., average degrees of humidity in the air 74·7. As there are no manufactories for miles around Kissingen, the air is free from any obnoxious elements, and is of the best possible quality, considering the abundance of vegetation, the proximity of the forests and the graduation buildings. Moreover, on account of the Saale valley at Kissingen being crossed by two side valleys, a constant renewal of air takes place, which is felt particularly beneficial during the nights of the hot summer months. The gently ascending hills and mountains surrounding the valley also provide a shelter from rough winds and sudden climatic changes. Under such circumstances, Kissingen, with its salubrious and ozonic air, may safely enter into competition with any of its rival summer resorts. There are excellently kept walks and roads, for riding and driving alike, through forest, meadows, and fields, and beautiful resting-places with charming views are found in abundance.

As regards the sanitary conditions of the town, it is worthy of notice that the variations of the underground water level, according to observations made at regular intervals of time, are but very slight. There is a water-supply furnishing the best of spring water in sufficient quantity. A perfect and excellent system of drainage has been constructed throughout the town, at an outlay of about £50,000, and special care is taken in all connected with the scavenging of the place.

Epidemics of any extent are unknown in Kissingen Spa, and the town has always enjoyed an absolute immunity from cholera.

Curative means: In Kissingen Spa there are three springs, used for drinking—the Rakoczy (1737), the Pandur (16th Century), and the Maxbrunnen (16th

Century). Of these the Rakoczy is most frequently administered. The two thermal sool springs, the Schönbornsprudel (sunk between 1822 and 1854), and the Round Well or Soolsprudel (sunk in 1822) are used particularly for baths.

Chemical Analysis : (Percentage by weight).

	Rakoczy.	Pandur.	Maxbrun- nen.	Salinen- sprudel.	Schönborn- sprudel.
Chloride of Sodium	5'322	5'520	2'316	11'797	9'507
Chloride of Lithium	0'020	0'016	0'0007	0'027	0'015
Chloride of Potassium	0'286	0'241	0'376	—	—
Chloride of Magnesium	0'303	0'211	0'108	0'743	0'025
Sulphate of Magnesium	0'588	0'597	0'200	0'704	1'156
Carbonate of Magnesium	0'017	0'044	0'068	0'123	0'073
Carbonate of Lime	1'060	1'014	0'565	1'560	1'424
Ferrous Carbonate	0'031	0'027	0'002	0'045	0'026
Temperature	51°F.	51°F.	50.5°F.	65.5°F.	65°F.
Sp. Gravity at 60°F.	1'007	1'006	1'003	1'014	1'011
Free and easily liberated Carbonic Acid	1305'5 by vol.	1595'5 by vol.	1257'5 by vol.	—	—
So-called free Carbonic Acid ..	—	—	—	1440'58 by vol.	1271 by vol.
Really free Carbonic Acid ..	1006'8 by vol.	1242'5 by vol.	1061'1 by vol.	1024 by vol.	903 by vol.
Yield per Minute	2.0 gallons.	1.2½ gallons.	1.3 gallons.	up to 130 gallons of brine. up to 1300 gallons of Carbonic acid.	up to 130 gallons. up to 1300 gallons of Carbonic acid

HEIGHT ABOVE SEA-LEVEL.

Rakoczy-shaft	638 feet.	Maxbrunnen-shaft	605 feet.
Pandur-shaft	635 „	Salinensprudel-shaft	635 „

Schoenbornsprudel-shaft, 660 feet.

All these measurements are made from the bottom of the shafts ; but the lowest point of the tube sunk for the Schönbornsprudel is situated 1,260 feet below sea-level.

This analysis shows that the chief ingredients of all the springs are chloride of sodium and carbonic acid, and that it is mainly these agents to which the success of the bathing and drinking course is owing. However, in parenthesis it may be mentioned that other chemical bodies, such as aperient salts, ferric carbonate, &c., although being present in small quantities, are none the less valuable constituents of the drinking waters.

With reference to the sool springs, attention is specially called to the large percentage of carbonic acid, exceeding the amount contained in any other carbonic acid spring ; for instance, the spring “Bohrloch I” Oeynhausen contains in one litre 1082.0 cbcm., the spring 7 at Nauheim contains in one litre 1340.46 cbcm., the Soolsprudel at Kissingen Spa contains in one litre 1440.58 cbcm. of carbonic acid.

Further curative means are provided by the use of the Kissingen Bitter Water, which has almost the same chemical analysis as the Friedrichshall Water. Fresh whey is daily prepared, and the Bocklet chalybeate water daily forwarded direct from the well.

The baths are taken either simply as warm or cold sool baths, or with the addition of Kissingen Gutsoole and Mother-lye.

In order to retain all the carbonic acid in the water, the heating is done indirectly by means of pipes running along the bottoms of the baths, and filled with vapour. The soole is also used for wave, shower, and douche baths, and for douches worked by machinery ; also for Scotch douches and hip baths, with circle douches and ascending douches for rectal and vaginal injections.

The free carbonic acid arising out of the Soolsprudel is used for general and local gas baths.

The moor-earth conveyed to Kissingen from the Rhoen furnishes the well-known mud-baths.

Lastly, there remain to be mentioned, a pneumatic chamber, with arrangements for the inhalation of soole and pine needle vapour, the air of the Graduating House, cold water cure, and opportunity for the ‘Terrain-Kur,’ according to Professor Oertel’s system (Kissingen Spa being particularly suitable for this purpose), institutions for

massage, Swedish gymnastics, the treatment by milk diet, and an establishment for taking river baths.

Indications: Maxbrunnen and Whey for chronic catarrh of the mucous membrane of the pharynx, bronchi, and bladder, chronic pyelitis, and uric diathesis.

The Rakoczy, Pandur, Soole, and the Kissingen Bitterwater are used for derangements of digestion, chronic gastric and intestinal catarrh, atony of the digestive organs, habitual constipation, venous stagnation in the portal system, hypochondriasis, hæmorrhoids. catarrh of the gall bladder and bile ducts, obesity, chronic inflammations and their residues in the various organs, especially those of the generative system, anæmia, scrofula, rickets, gout, &c.

Bocklet chalybeate water for anæmia and associated diseases.

Soolbaths and wave-douche, shower-baths, &c., made of soole, for abnormal sensibility of the skin, and a disposition to perspiration and "catching cold," for rheumatism, gout, scrofula, exudations, neurosis, chronic affections of the skin, sensibility of the nerves, and also for strengthening the general organism. They are especially efficient in cases of valvular diseases and fatty degeneration of the heart, and consequent disturbances of circulation.

Mud-baths for rheumatism, gout, skin diseases, paralysis, neuralgia, metallic poisoning, hypertrophy of the prostate, scrofula.

Gas-baths for neuralgia and paralysis, locally applied in cases of diseases of the ear, rectum, and sexual organs.

Pneumatic treatment (pneumatic chamber), for asthma, emphysema, chronic bronchitis, insufficient development of the chest, anæmia, &c.

Air of the Graduating House, inhalations of soole, inhalations of vapour impregnated with extract of pine-leaves, for affections of the mucous membranes respiratory organs, and pharyngeal structures.

Hydropathy, in approved conjunction with Rakoczy, for disturbances of the alimentary and nervous system, &c.

The 'Terrain-Kur' (after Professor Oertel) in cases of obesity, derangements of circulation, &c.

Massage and Swedish gymnastics, river-baths, milk-treatment, in cases indicated therefor.

Doctors: Drs. Brasch, von Chlapowski, Dapper, Dietz (Hofrath), E. Diruf (Sanitätsrath and Königl. Brunnenarzt), G. Diruf, O. Diruf (Geheimer Hofrath and Königl. Brunnenarzt), Glaser (Königl. Bezirksarzt and Brunnenarzt), Gottburg (Sanitätsrath), Haussmann, Heckenlauer (Sanitätsrath and Königl. Brunnenarzt), Ising (Hofrath), Kellerman, Laudien, Mangelsdorf, Pedraglia (eye), Albert Rosenau, Rosenthal, Scherpf (Königl. Brunnenarzt), Freih. von Sohlern, Sotier (Medizinalrath and Königl. Brunnenarzt), Stöhr (Geheimer Hofrath and Königl. Brunnenarzt), Unger, Welsch, Wolf.

Dr. Helfreich, professor at the University of Würzburg, specialist for the eye, and Dr. Kahn, specialist for the ear, nose, and throat, at Würzburg, attend once a week.

Institutions and General Arrangements: The three drinking waters (Rakoczy, Pandur, and Maxbrunnen) are surrounded by the extensive and well kept Kurgarten, and immediately adjoin the magnificent arcades and covered promenade ("Wandelbahn"). During the season, a first-class band plays in the morning and evening.

Bathing Establishments: The baths of the soole springs (Round Well and Schönbornbrunnen) have been renowned for centuries for their healing virtues, and are established in the Royal "Kurhaus," in the "Actienbadeanstalt" (both adjoining the Kurgarten). They are reached by steamboat or bus, or by a walk through shady avenues.

Of sundry establishments there are:—The Hydro. of Marienbad, a Pneumatic Institution with pneumatic chamber and Soole-Inhalatorium, Sanatoria for diseases of the alimentary canal and metabolism, Institution for scrofulous children, Institutions for massage, gymnastics, and milk-cure.

Accommodation : A great many hotels and private apartments are available, from the simplest style to the most elegant. Tariff according to season, position, and furniture. Rent is payable from the day of appointed arrival. Weekly terms, but, as a rule, three days notice has to be given.

Boarding : In the hotels, numerous restaurants, and private boarding houses. Terms according to requirements.

Entertainments: The Royal Conversazione Building contains, in addition to the high and well-lighted arcades, expensively furnished concert, game, refreshment, and reading rooms, the latter well supplied with papers in various languages. In the Casino Building of the "Actienbadgesellschaft," there are also refreshment, game, and reading rooms.

In the Kurgarten, the orchestra, consisting of 35 musicians (many of them excellent soloists), plays twice daily during the season.—The continuation of the Kurgarten is formed by extensive parks, from which beautiful roads lead into the finest forests.

From the middle of May to the middle of September, there are daily performances in the Royal Theatre, weekly *réunions dansantes* in the Conversationsaal, frequent concerts of renowned artists, magic performances, Bengal illuminations, fireworks, Italian nights, &c.

Shooting, fishing, cycling, boating, rifle ranges, croquet, lawn tennis, &c.

Walks and Excursions : Altenberg, Schweizerhäuschen, Bodenlaube, Staffels, Stationsberg, Sinnberg, Finsterberg, Stufenberg, Altenburgerhaus, Kaskadenthal, lower Saline, Bellevue, Belvédère, Wichtelshöhlen, Euerdorf, Aura Ruin, Schlossruine Trimburg, Seehof, Klaushof, Aschach, Bad Bocklet, Frauenroth, Schwarze Pfütze, Nüdlingen, Münnerstadt, Ruins of the Kaiserburg, Salzburg, Bad Neuhaus, Neustadt, Kreuzberg, Saaleck, Hammelburg, Fischgut Seewiese.

Brückenau, the well-known chalybeate bath, is within a four hours' drive.

Season :—1st May to 1st October. In the Actienbad, baths are available from 15th April to 20th October.

Number of Visitors : (tourists not included) in 1895—15,620.

Divine Service: Roman Catholic, Protestant, Anglican, and Israelitic services. (English Church : All Saints', Salinenstrasse).

The Administration of the Spa is committed to the Royal Badecommissär (Bath Commissioner), who is also the head of the Bezirksamt (District Office). The fiscal property, the 'Kurhaus,' and the 'Kurhausbad,' the 'Saline,' and the export of the mineral water are managed by the 'Königl. Kurpächter' (Royal Lessee) under the firm 'Verwaltung der Kgl. Mineralbäder Kissingen u. Bocklet.' The 'Kurverein,' established some years ago, is the institution to which all inquiries as to particulars, rooms, &c., should be addressed.

Two libraries, stores, steamboats, cabs, carriers, messengers.

A Kur- & Music-Tax is paid, according to position and means, in three classes (10, 20, and 30 Marks), as a fee for the use of the waters, the Conversazione, game, and reading rooms, and the parks and gardens, and for the entrance to the regular concerts of the orchestra, to the general *réunions*, and sundry public amusements. Reduction for family members. Medical men of home and foreign countries, as also their families, are free ; they may also (and as regards the Actienbad, their wives too), obtain tickets for free baths on application.

Means of Access: Kissingen is a station on a branch line of the Aschaffenburg-Würzburg-Hof and Schweinfurt-Meiningen Railways, thus affording easy communication in every direction. The following is the approximate time it requires to reach the respective places : Würzburg 2¼, Meiningen 2½, Frankfurt o/M 5¼, Heidelberg 5, Dresden 12, Berlin 8½, Munich 10, Bremen 12, Hamburg 14, Paris 17, London 24 hours. Through carriages to Berlin, Neudietendorf, Eisenach, Heidelberg, Frankfurt o/M., and Mayence. Direct passenger and goods service (ordinary and express) to all important stations of Middle Europe (Paris, London, St. Petersburg).

Literature on Kissingen.

Balling, Dr. F. A. von, Kgl. Hofrath. Die Heilquellen und die Bäder zu Kissingen. Price 3/-.—Chlapowski, Dr. Listy z Kissingen pisane do Nowin Lekarskich. —Dietz, Dr. W., Kgl. Hofrath. Die Kurmittel Kissingsens bei den Erkrankungen der Athmungs-Organen und des Halses. Price 6d.—Les Eaux Minérales de Bad Kissingen. Price 1/6.—“Asthma,” kurze allgemein verständliche Abhandlung über Ursachen, Wesen und Behandlung unter besonderer Berücksichtigung der hiesigen Kurmittel. Price 6d.—Dietz, Dr. W., Kgl. Hofrath, und Sohlern, Dr. Von. Bad Kissingen als Terrain-Kurort. Price 6d.—Diruf, Dr. O. Geh. Hofrath und Kgl. Brunnenarzt. Bad Kissingen und seine Heilquellen. Vorzugsweise zum Gebrauche für Kurgäste bearbeitet. Price 2/-. geb. 2/8.—Bad Kissingen. Eine kurze Uebersicht seiner Heilmittel und ihre Anwendung. Price 1/6.—Bad Kissingen. Its Baths and Mineral Springs. Price 3/-. geb. 3/8.—Gsell-Fels. Bad Kissingen mit 25 Illustrationen. Price 9d.—Ising, Dr. K., Hofrath. Die Heilmittel Kissingsens etc. mit Karte und 6 Ansichten. Price 2/2½d.—Kaden, Woldemar. Bad Kissingen und seine Umgebung. Mit 28 Illustrationen. Price 1/6.—Lochner-Heusslein, Freiherr von. Bad Kissingen und Umgebungen. Price 1/-.—Sotier, Dr. A., Medicinalrath und Kgl. Brunnenarzt. Bad Kissingen. Price 2/6, geb. 3/-.—Stöhr, Dr., Geh. Hofrath und Kgl. Brunnenarzt. Erinnerungen eines fröhlichen Wanderburschen an Bad Kissingen. Price 1/-. (Selbstverlag des Kurvereins).—Kissingen Spa, the International Health Resort, in its medical and social aspects. Price 2/-. (Published by the Kurverein).—Werner, Dr. Bad Kissingen und seine Umgebung nebst einem Führer durch das Rhöngebirge, mit Karte. Price 1/6.—Welsch, Dr. Hermann, sen., Kgl. Bayr. Hofrath. Krankheitsbilder für die Kissingen Quellen. Price 6d.—Welsch, Dr. Heinr. Anwendung u. Wirkung der Heilquellen u. Kurmittel von Bad Kissingen. Price 1/-.—Die mannigfachen Ursachen der Stuhlverstopfung und deren Behandlung mit den Kissinger Kurmitteln. Price 6d.—The manifold causes of costiveness, and their treatment by the Kissingen springs and remedies. Price 10d.—The Application and Effects of the waters and remedies of Bad Kissingen. Price 1/6.

Pneumatic Institution and Soole Inhalatorium, Kissingen.

Institution for diseases of the nose, throat, larynx, and chest.

This Institution was greatly enlarged in 1888.

Curative means : 1. The *Inhalation Room*, which is now of a size that allows the patients to alternately sit down or walk during the treatment. Soole, freed from carbonic acid, is pulverised in a way that the whole room is filled with the vapour of minutely dispersed soole. This arrangement, which offers all the advantages of a Graduation House, whilst providing shelter from draught, rain, and cold, is used in cases of chronic catarrh of the nose, throat, larynx, and bronchi. 2. *Pneumatic Apparatuses*—(a) Pneumatic chamber, arranged on the same system as that at Reichenhall. (b) Geigel-Mayr's double bellows, indicated in cases of insufficiently developed thorax, chronic catarrh of the bronchi, emphysema, asthma, pleuritic exudations, chlorosis, and anæmic conditions, catarrh of the Eustachian tube and the tympanum, producing deafness, also in cases of obesity. 3. *Inhalations* of vapour impregnated with extract of pine leaves. 4. *Apparatus* for the practice of Swedish gymnastics, in cases of insufficiently developed thorax, also for the relief of asthma, emphysema, the absorption of pleuritic exudations or their consequent products. Local treatment.

The Institution is open to the public, but patients suffering from asthma or emphysema, and those who are weak and debilitated, should become residents of the Institution.

Prospectus gratis on application to Dr. Dietz, Hofrath, Physician at the Kissingen Spring.

Klosters. GRISONS, SWITZERLAND.

3,985 feet above sea level.—Climatic summer resort ; dry air ; mean temp. of the season 55.4° F.—Intermediate station for Davos and the Engadine.—Season : May to October.—Post and telegraph ; station on the Landquart-Davos line.

Kohlgrub Spa.

IN THE BAVARIAN MOUNTAINS, GERMANY.

Route : London—Munich—Murnau—Kohlgrub.

Topography : Kohlgrub, 2,957 feet above sea-level, has a delightful position on the northern slopes of the Bavarian Mountains, in the midst of a celebrated and picturesque district, and within easy reach of the famous Royal Castles, 'Hohenschwangau-Neuschwanstein' and 'Linderhof.'

Climate : Kohlgrub has a sub-alpine climate. The air is perfectly pure, rich in ozone, and impregnated with the scent of the surrounding meadows and pine-woods.

The average temperature is somewhat below that of the lowlands. The air currents are moderate. The average barometrical reading is 27 in.

Curative means : (1) Chalybeate waters (0.06 protoxide of iron, 0.003 sesqui-oxide of manganese) ; (2) Ferruginous moor-earth ; (3) High altitude, combined with invigorating mountain air. Also pine- and sool-baths, electricity, massage, hydropathy, 'Terrain-Kur,' 'Milk-' and 'Kefir-Kur.'

Special indications : Anæmia and chlorosis, scrofula, anæmic obesity, the debilitated condition occurring after loss of blood, etc. ; gout, chronic, muscular, and articular rheumatism ; female diseases (especially para-perimetritis, oophoritis, etc.) ; nervous diseases, sciatica, paralysis, spinal affections, etc. ; diseases of the circulatory and respiratory organs.

Kohlgrub is also a favourite place for a 'Nachkur' (after-treatment) after Karlsbad, Kissingen, etc., and an intermediate station for the higher alpine centres.

Resident Physician : Dr. Wewer, Medical Councillor.

Season : 1st May to the middle of October.

Entertainments : Music, reading room, library, ninepins, croquet, lawn-tennis, boating, fishing, mountain excursions, etc.

The **Kurhaus** (Kurhotel) is a first-class hotel, fitted with every convenience. Excellent *cuisine* and wines. Moderate prices (board 4—4.50 Marks ; room from 1 Mark).

The journey to Kohlgrub from Murnau (the nearest station) takes 1½ hour (by hotel-carriage or post).—Post and telegraph in the Kurhaus.—Address for letters and telegrams : Badeverwaltung, Kohlgrub.

For particulars, etc., apply to the BADEVERWALTUNG, KOHLGRUB.

Konstanz on the Bodensee (LAKE OF CONSTANCE).

GRAND DUCHY OF BADEN, GERMANY.

Konstanz has a beautiful position with a magnificent view of the Bodensee and is very healthy, the air being always fresh even during the hottest summer days. The environs abound in pretty landscape scenes, as well as in historical reminiscences as represented by old architectonic monuments and old castles.

From June to the end of September, daily promenade concerts in the town garden, arranged by the Kur-u. Verkehrsverein ; also gondola-corsos, fireworks, Italian nights, grand musical evenings, etc. Beautiful parks, pleasant social life.—Convenient rail and steamboat service to Baden, Bavaria, Austria (Arlberg), and Switzerland. Opportunities of taking most charming excursions. Konstanz is a convenient centre for larger tours, such as to Switzerland, the Austrian Alps (Tyrol), etc.

Excellent Hotels, suiting every sort of requirement ; cheap accommodation in the town, elegant rooms on the lake front. Good class restaurants.

A number of physicians practise here ; and there are two Sanatoria of good repute for nervous diseases.

Any further particulars on application to the 'Kur-u. Verkehrsverein,'

c/o Buchhandlung Ackermann, Konstanz, 3, Kanzleistrasse.

Krankenheil=Tölz.

IN THE UPPER BAVARIAN MOUNTAINS, GERMANY.

Route : London—Munich—Tölz.

Topography : Krankenheil-Tölz has a charming situation 2,467 feet above sea level, in the romantic Isar-valley, and is well sheltered from all rough winds. The Bavarian and Tyrolese Alps can be seen in the background. As agriculture and forestry alone occupy the attention of the inhabitants, no manufactories are found to render the air other than perfectly pure, which air is of a cool mountainous character. Most of the magnificent Alpine lakes are within a few hours' ride, such as the Kochelsee, Walchensee, Tegernsee, Schliersee, Starnbergersee; the Achensee can be reached in one day.

Climate : The climate of Krankenheil is tonic and stimulating, so that anæmic and nervous patients, convalescents, and people of a debilitated constitution soon recover lost tone.

The average temperature is :

June	73°61' F.	maximum,	51°8' F.	minimum.
July	73°85' F.	"	54°68' F.	"
August... ..	75°20' F.	"	55°6' F.	"
September	52°05' F.	"	49°55' F.	"
	73°67' F.	"	52°90' F.	"
Average: 63°28' F.				

The sunshine is very powerful, but its effect is moderated by the constant movement of the atmosphere, which tempers its power.

The relative moisture of the air is, on the average, 65·2% during the summer.

The soil contains a considerable amount of lime, which rapidly absorbs any dampness caused by rain.

Curative means: There are three ioduretted chloride of sodium springs of a predominant percentage of bi-carbonate of soda and sulphuretted hydrogen, namely, the 'Bernhards-, 'Johann-Georgen-, and 'Anna'-spring. Ten litres of the water contain:

	Bernhards-	Johann-Georgen-	Anna-spring.
Bi-carbonate of soda - - -	3'344	3'846	1'945
Chloride of sodium - - -	2'966	2'371	0'302
Bi-carbonate of magnesia - -	0'297	0'202	2'397
" of lime - - -	1'018	0'712	2'496
Sulphate of sodium - - -	0'051	0'153	2'933
Iodide of sodium - - -	0'015	0'017	0'011
Carbonic acid - - -	0'1345	0'1819	—
Sulphuretted hydrogen - -	0'0339	0'0308	0'104
Temperature - - -	45°5' Fahr.	45°5' Fahr.	47°75' Fahr.

There are, further, the Karls-, Maximilians-, and Marien-spring of similar percentage. The bathing establishment, which was entirely rebuilt on modern principles in 1884, contains 50 bathrooms for Krankenheil-baths, mostly fitted with douches, shower-baths, etc., pine-needle-baths, electric baths, artificial and medicated baths of every description, inhalations of ioduretted chloride of sodium and oxygen. Foreign mineral waters can also be had here.

The Krankenheil waters are collected all the year round in several reservoirs, from which they are conducted directly into the baths; no blending with ordinary water takes place, because there is always in readiness a sufficient quantity of mineral water. If required by the patient, spring-salt-lye, prepared solely by evaporating the mineral water, and containing a large amount of iodine, is added, intensifying the efficacy of the bath. Also a solution of Krankenheil soap in spirit is used as a therapeutic in certain cases.

Special indications: It has been proved by the experience of a great many years that all natural functions of the body connected with nutrition and excretion are stimulated by the use of the Krankenheil water; for example, circulation, digestion, and respiration, are regulated, nutrition and metabolism are increased and improved.

The use of the Krankenheil waters is especially indicated in cases where not only the secretions and the blood of the body have to be improved, but, at the same time, an exudation has to be absorbed, or infiltrations, enlarged, condensed, or indurated tissues or organs have to be reduced; further, in cases of diseases of the female sexual organs, enlargement and induration of the uterus, ovarian tumours, hypertrophy of the mammæ, sterility of women (in many cases), enlargement of the liver and spleen, gall-stones, diseases of the bladder, goitre, scrofula and scrofulous affections of the lymphatic glands of the skin, mucous membranes, bones, organs of sense, etc., eczema; chronic catarrhal affections of the mucous membrane of the nose, pharynx, larynx and wind pipe of the digestive canal and of the bladder, urethra, and vagina; paralysis caused by exudations of the brain and spine, syphilis, especially of secondary and tertiary form, and if associated with scrofula, old ulcers and abscesses, mercurial diseases, hæmorrhoids, chronic skin diseases, eye diseases, and nervous affections.

Doctors: Drs. Burkhard Edelmann, Max. Hoefler, Morgenstern, Ignaz Streber.

Season: 15th May to 30th September. The Krankenheil waters, however, are available for drinking and bathing purposes all the year round.

The Krankenheil iodide baths can only be taken in the bath-house of the iodide of sodium and sulphur springs. Here residence and (if desired) board can be had.

It is necessary for visitors to provide themselves with warm clothes on account of the high altitude the place is situated in.

There are three first-class hotels (Kurhotel, Kaiserhof, Sedlmaier), a number of other hotels, and about 70 boarding houses, villas, etc., in which visitors can reside and board according to their means and requirements. The prices vary with situation, furniture, time of season, etc., and range between 8—30 Marks per room per week.

Kurtax: 8 Marks for one person, 12 Marks for two, 15 Marks for three and more. Medical men and their families are free.

Entertainments: A good string band of 24 members plays every morning from 6.30 till 8 in the Kurgarten, and in the afternoon at various places. 'Réunion' takes place every Saturday at 8 p.m., also concerts of the Tölz 'Liedertafel' and the Tölz Zither-club, which are generally finished by the performance of the famous 'Schuhplattl' dance. Reading-room, with a great number of illustrated and daily newspapers, billiards, lawn-tennis and croquet, fishing, shooting, driving on rafts from Tölz to Munich (5—6 hours, start early in the morning), walks and excursions, mountain climbing under the leadership of an officially authorized guide.

Divine Service is held every Sunday.

Post and telegraph office in Tölz and in Krankenheil. Dispensary in Tölz. Krankenheil-Tölz is reached in two hours by rail from Munich.

For any further particulars, apply to the

BADE-DIRECTION.

From the salt of the Krankenheil springs, according to medical prescription, there are prepared

The Krankenheil Spring Salt Soaps.

Absolutely pure, agreeable, and refreshing to use, they thoroughly remove all impurities of the skin, making it white, restoring and preserving its original smoothness and suppleness, thereby wonderfully improving the complexion. As disinfectants, these soaps are particularly valuable for sick rooms or for travelling, as their chemical components are such as will destroy any kind of infection that may come into contact with the skin.

There are three sorts of soap:

No. 1, *Iodide of Sodium Soap*: the best of toilet soaps for daily use, suitable for the most delicate skin, invaluable for invalids, babies' scalps, etc.

No. 2, *Iodide of Sodium and Sulphur Soap*: is much recommended and prescribed by the medical profession for less sensitive skins. It is particularly adapted for cleansing old and malignant sores, and for use in baths, either by dissolving some of

it in the water or by freely applying it like an ordinary soap, in which case it has to be allowed to act on the skin for a short time before bathing is commenced.

No. 3, *Extra Strong Soap*: is used in cases when No. 2 does not prove sufficiently effective.

The "Medical Annual" (1888) writes:—"The waters of Krankenheil (Bavarian Alps) are particularly rich in iodide of sodium and sulphur, and have considerable reputation for the cure of chronic skin diseases and scrofulous affections of the glands. From the salt of these springs, a soap has been made which has been extensively used by a number of practitioners in this country during the past year in affections of the class referred to. It is made in three strengths, numbered one, two, and three. No. 1 is the weakest, makes a very good toilet soap, and can be used for the face; it is mildly stimulating and antiseptic. No. 2, more stimulating, is suitable for chronic skin affections of the body, when an alterative effect is desired; this can be further increased by the use of No. 3, which is considerably stronger. We have largely employed No. 2 soap in the treatment of chronic gouty affections of the joints, and for the hot soaping to the whole body which we order to be administered before the use of the blanket pack which is intended to produce free diaphoresis. The stimulating effect of the soap, which is applied in solution as hot as the skin will bear it, causes sufficient excitement of the skin to ensure rapid diaphoresis when the pack is applied. A solution of the soap in spirit, which can also be obtained from the agent (Mr. C. F. Hoefler, of Bilston), is one of the best applications we have used for soothing the irritation of prurigo and urticaria."

The "Provincial Medical Journal" (August 2nd, 1886) writes:—"In a previous number we have alluded to the value of the above-named soap, not only for the purpose of cleanliness, but for medicinal use. We have since fully used the soap, and can testify to its value in various forms of chronic skin affections. The toilet soap is a pure product, admirably suited for sensitive and tender skins, and this is recommended for the nursery. The sulphur and iodide combination has a wide range of use. The soaps are pure, and contain the ingredients to which they owe their properties."

The Krankenheil Spring Salt Soaps are sold by all the principal chemists at 6d. and 1s. per tablet, wholesale by C. F. Hoefler at Bilston.

Kronenquelle.

SALZBRUNN IN SILESIA, GERMANY.

Proprietor: **Ad. Scheumann.**

Owing to the comparatively large percentage of lithium and its unique composition, the Kronenquelle is used firstly for diseases of the kidneys and bladder, such as gravel and stone, the various forms of gout and rheumatism of the joints, secondly for catarrhal affections of the larynx and lungs, and for gastric and intestinal catarrh.

Many patients are unable to undertake a long journey in order to go through a course of the waters. In such cases, physicians gladly welcome those natural mineral waters which do not lose any of their ingredients or efficacy through a long transport and, for this reason, are qualified for use at any place, however far from the spring. The Kronenquelle takes the first rank among mineral waters of this description, because it preserves its medicinal qualities under any circumstances, and may thus be used at home, everywhere, and at any season.

With reference to the great stability of this water, Professor Poleck reports, with his complete analysis published in the autumn, 1882, as follows:—"The water of the Kronenquelle may safely be kept for any longer period in glass bottles, in which it is shipped, without detriment to its efficacy. Water which had been stored in my cellar for nearly a year and a half had remained perfectly colourless and odourless, and had preserved the pure taste particular to the Kronenquelle. Of its constituents it had only lost the small amount of bicarbonate of iron which had changed into hydrated oxide of iron by oxidation, whilst it had retained a perfectly unaltered condition in every other respect."

According to the analysis of Professor Poleck, 1,000 parts of the Kronenquelle water contain 2'3305 parts of solid matter, namely :—

Chloride of sodium	... 0'05899 parts	Bicarbonate of strontium	... 0'00280 parts
Sulphate of sodium	... 0'18010 "	Bicarbonate of manganium	0'00181 "
Sulphate of potassium	... 0'04086 "	Bicarbonate of iron	... 0'00913 "
Bicarbonate of sodium	... 0'87264 "	Phosphate of aluminium	... 0'00036 "
Bicarbonate of lithium	... 0'01140 "	Alumina	... 0'00047 "
Bicarbonate of lime	... 0'71264 "	Silicic acid	... 0'03460 "
Bicarbonate of magnesia	... 0'40477 "		

There are also present minute quantities of bromine, iodine, boric acid, barium, and nickel.

The amount of free carbonic acid is 1'5662 grammes.

Notwithstanding the short time the Kronenquelle has been brought under the knowledge of the profession, it has gained a high degree of favour with practitioners,* a fact sufficiently proved by the following record of shipments. There were exported in

1881	...	12,623 bottles	1886	...	406,298 bottles
1882	...	55,761 "	1887	...	626,246 "
1883	...	61,808 "	1888	...	741,939 "
1884	...	143,234 "	1889	...	803,412 "
1885	...	247,180 "	1890	...	906,072 "

Shape and appearance of the bottles: Claret bottle, with white label and white metal capsule; corks branded 'Kronenquelle Salzbrunn,' printed blue ink.

* The administration of the Kronenquelle begs to inform the medical profession that, owing to limited accommodation, the water cannot be supplied to visitors at the spring itself.

Literature on the Kronenquelle.

1. 'Ueber die Kronenquelle zu Ober-Salzbrunn in ihrer Bedeutung als Natron-Lithion-Quelle,' by Dr. Richard Gscheidlen, Professor at the University of Breslau. *Breslauer aerztliche Zeitschrift*/1881 No. 6.

2. 'Chemische Analyse der Kronenquelle zu Salzbrunn in Schlesien,' by Dr. Th. Poleck, Professor at the University of Breslau. Breslau, Maruschke und Berendt, 1882.

3. 'Die Kronenquelle zu Ober-Salzbrunn,' by Dr. Laucher, Physician at the Royal Courts of Justice at Straubing. *Muenchener aerztliches Intelligenzblatt* 1882 No. 17.

4. 'Die Kronenquelle zu Ober-Salzbrunn in Schlesien, ihre Eigenschaften, ihre chemische Beschaffenheit und ihre therapeutische Wirkung, dann Vorschriften für den innerlichen Gebrauch der Quelle und das Verhalten der Patienten,' by Dr. Karl Laucher, Royal Medical Councillor and Physician at the Royal Courts of Justice at Straubing, 1884.

5. 'Die Kronenquelle zu Ober-Salzbrunn, in Schlesien,' by Dr. Karl Laucher, Royal Medical Councillor and Physician at the Royal Courts of Justice at Straubing, 1885.

6. 'Gout in its clinical aspects,' by T. Mortimer Granville, M.D., M.R.C.P., London. T. and A. Churchill, 1885, pp. 272 and 273.

7. 'The effects of the Kronenquelle Water in the treatment of gout and arthritic (uric diathesis) complaints,' by Dr. Mayer, Possessor of the Cross for Civil Merit, Superintending Physician of the Municipal Schools of Antwerp, Honorary Physician to the Charitable Institution at Antwerp. Extract from 'Les Annales de la Société de Médecine d'Anvers' (pamphlets of February, 1886).

8. 'Use and effects of the Kronenquelle Water in the treatment of gouty diathesis and allied diseases,' by Dr. Karl Laucher, Royal Medical Councillor and Physician at the Courts of Justice at Straubing, 1887. (This pamphlet, which contains not only directions for use and rules of diet, but also a fair number of reports of medical authorities on the results obtained by the use of Kronenquelle, may be had gratuitously and post free from the undermentioned sole agents.)

9. 'The Therapeutics of Kronenquelle Water,' by Prosser James, M.D., M.R.C.P. Lecturer on Materia Medica and Therapeutics at the London Hospital; late Physician to the North London Consumption Hospital, and to the Hospital for Diseases of the

Throat and Chest; Consulting Physician to the Children's Home Infirmary, Victoria Park; Corresponding Member of the Academies of Medicine of Lyons, Madrid, Barcelona, &c., &c. London, Trübner & Co., 1889.

10. 'L'acqua minerale della Corona' (Kronenquelle), per il Cav. Dr. Plinio Schivardi, Medico-Direttore della Stabilimento balneo-idroterapico di Recoaro, professore di Balneoterapia dell' Università di Pavia.

11. 'Einiges über die harnsaure Diathese, ihr Wesen und ihre Behandlung,' by Dr. L. Fuerst, S.-R., Lecturer at the University of Leipsic. Deutsche Medizinal-Zeitung, 1890—No. 79.

12. 'The choice between artificially modified and natural mineral waters in the treatment of the uric acid diathesis,' by Dr. Fuerst, S.-R., Lecturer at the University of Leipsic. Reprinted from the Deutsche Medizinal-Zeitung, 1891, No. 73 and 74.

13. 'A contribution to the treatment of the uric diathesis,' by Dr. Alafberg, of Kronach. Reprinted from the Muenchener medicin. Wochenschrift, 1892, No. 10.

14. 'Ueber die harnsäurelösende Wirkung von Mineralwässer-Harnen,' by Dr. L. Fuerst, S.-R., Leipsic. Reprinted from the Deutsche Medizinal-Zeitung, 1893, No. 18 and 19.

Address for letters and telegrams: '**Kronenquelle Salzbrunn.**'

The Kronenquelle may be obtained of all mineral water dealers and chemists at home and abroad, or direct from the Sole Agents of the Kronenquelle for England and the Colonies: W. SCHACHT & Co., 26, Finsbury Pavement, London, E.C.



Kronthal Spa.

PROVINCE OF HESSE-NASSAU,
GERMANY.



Route : London—Frankfort o/M.—Kronberg—Kronthal.

Topography : Kronthal, in the Taunus, close to Kronberg—the residence of H.I.M. the Empress Frederick—at an elevation of 544 feet above sea level, is situated at the foot of wood-clad mountain ranges which surround it on three sides, leaving a gap only towards the South, allowing thus a delightful and unchecked view of the far spreading plains of the Main valley.

Climate : The Kronthal air is pure, mild, and invigorating, extremely cold and oppressively sultry days being unknown; the south wind passing through cool chestnut groves tempers the summer heat.

Curative means : Kronthal has four springs: (1) the Kronthal Spring, an alkaline muriatic water, used as a table water by H.I.M. the Empress Frederick and H.R.H. the Grand Duke of Baden, and distinguished by 17 gold medals and first rewards; (2) the Wilhelms Quelle, also an alkaline muriatic water, which has received 17 gold medals and first rewards; (3) a new spring (with no name as yet); (4) the Chalybeate Spring. The 'Kronthal' and the 'Wilhelms Quelle' are in great repute as table waters, and serve as such nearly all over the world.* The Chalybeate water is of an extremely digestible nature, and for this reason, successfully taken before or after a course of stronger mineral waters.

The principal ingredients of the three springs (in 1,000 parts by weight) are :

	Kronthal Spring.	Wilhelms Quelle.	Chalybeate Spring.
Chloride of Sodium ...	3'5419	1'6909	2'9000
Soda	0'0541	0'0712	0'2045
Chloride of Potassium ..	0'0882	0'0365	0'1011
Carbonate of Magnesium	0'0950	0'1470	0'0942
Carbonate of Lime ...	0'6641	0'6024	0'5437
Arseniate of Lime ...	—	—	0'0004
Protocarbonate of Iron ..	—	—	0'0074
Free Carbonic Acid ...	2'3173	2'2497	2'6714

*Agents: London, Herrfeldt & Campbell, 14, Water Lane, E.C.; New York, H. A. Bätjer & Co., 77, Water Street.

Mineral baths of the Kronthal waters, heated by steam, may be obtained during the season (May to October) in the morning from 6 to 12 a.m.

Special indications : Catarrhal affections of the mucous membranes of the respiratory passages and the digestive organs, chlorosis, gout, rheumatism, hæmorrhoids, scrofula, and, above all, nervous diseases and weakness due to recent attacks of illness or mental or physical overwork. For Kronthal does not rank amongst the so-called 'fashionable' health resorts with their continual 'life of pleasure': a sense of peaceful quiet so soothing for the mind hovers over this valley and renders it a perfect 'Elysium' for invalids.

Entertainments : Kronthal is a special centre not only for lonely rambles over hill and dale, but also for larger excursions through the 'Switzerland of Nassau,' with its many places of charm and interest. He who is fond of 'sightseeing' has also an ample variety of opportunities, the old towns of Frankfort o/M., Wiesbaden, Mayence, Homburg, etc. being within one hour's reach by rail or carriage.

Doctors : Dr. Spielhagen and Dr. Florschütz.

Victoria College for Young Ladies : (Superintendent, Miss Frieda von Griesheim) under the patronage of H.L.M. the Empress Frederick.

Kronthal is within $\frac{1}{4}$ of an hour's drive of Kronberg, terminus of the Frankfort-Kronberg Railway. For any further particulars apply to the Direction der Kronthaler Mineral-Quellen.

Le Prese-Poschiavo.

CANTON GRISONS, SWITZERLAND.

Route: The 'Valley of Poschiavo' is reached *via* the coach road from Sondrio (Colico-Sondrio Railway) to Tirano in about $2\frac{1}{2}$ hours. Those who come from the Lake Garda or from the Tyrol reach Tirano by the 'Stelvio,' passing the Aprica Pass. It takes two hours by post from Tirano to Le Prese.

Situation : The Kurhaus of Le Prese stands on the Bernina road, 3,156 feet above sea level, an altitude representing the middle height between the Lake of Como (656 ft.) and St. Moritz (5,804 ft.). It is charmingly located at the upper end of the Poschiavo-Lake, and the natural landscape picture which here presents itself to the eye of the visitor is said by connoisseurs to be one of the most magnificent ones that Swiss visitors can see.

Climate : As Le Prese has its position on the south-slope of the Alps, the climate is of a peculiar kind, preserving in some respects distinctly Italian characteristics, whilst in others, on account of the high altitude and the proximity of the icy Bernina-top, it shows the decided properties of an Alpine station. The temperature is equable and mild, neither hot days nor very cold nights being known. The maximum is 77° Fahr., the minimum 59° Fahr. during summer.

Special indications and curative means : Visitors to Le Prese should bear in mind that its reputation depends upon it being able to furnish for them an intermediary station, where the abrupt climatic changes of the Engadine ranges are never experienced on the one hand, and where, on the other, the air is sufficiently mountainous and pure to act as a powerful tonic. It may be noticed in passing that there is a sulphur spring, containing sulphate of lime, the water from which is used for baths and drinking.

The **Hotel Le Prese**—open from the beginning of June to the end of September, stands in its own large grounds, and is fitted with every possible comfort. It has complete hydrotherapeutic arrangements and sulphur baths.

Resident Physician : Dr. Torriani.

Boating and fishing on the lake free of charge. *En pension*, from 8—10 Frs. per day. Post and telegraph in the house.

English Church Services are held in the hotel itself.

For any further inquiries apply to A. CONZETTI, Proprietor.

Maloja.

GRISONS, SWITZERLAND.

Route: London—Zurich—Coire—St. Moritz—Maloja, or London—Zurich—Davos—Maloja; or London—Lucerne—Gotthard Route to Lecco—Chiavenna—Maloja.

Topography: Hotel Kursaal Maloja, 5,700 feet above sea-level, is situated at the upper end of the Silser or Maloja Lake, close to the Italian frontier, from which it is separated by the Maloja Pass, commencing at the immediate rear of the hotel. Maloja is perhaps the most picturesque part of the Engadine, and stands surrounded by mountains and glaciers, rising some 4,000 feet above it, most of which are easy to ascend. The breadth of the Maloja valley considerably supersedes that of Davos, and even that of St. Moritz, by which means an unchecked access of the sun-rays and a better ventilation of the locality is brought about.

Climate: The average temperature (July to September) is 51·65° Fahr.; the relative humidity of the air 65%; the highest amount of rain, July to August, 6·98-in.; September, 2·85-in.; sunshine, July, 8½; August, 6½; September, 5 hours daily; the average barometrical reading, 24·21-in. The air is unusually dry, pure, and rarified, and combined with the intense lighting and warming power of the sun, acts in a highly invigorating and tonic manner. The climate, therefore, best suits the temperaments of those who lead sedentary lives in confined districts and require an air tonic and bracing up of constitution.

Curative means: The rarified, pure, dry mountain air, natural (methodical mountain climbing on easy roads) and artificial lung exercises, hardening of the body by means of baths, frictions, and douches, etc., good meals and careful treatment of the individual case. Every kind of mineral water obtainable at a moment's notice; St. Moritz and Tarasp water of same day's bottling. Genuine Alpine milk from own dairies.

Special indications: It has to be borne in mind, that, owing to the altitude of the place, a certain standard of efficiency is required of the constitution. This rule being carefully observed, Maloja may be recommended in cases of anæmia, and nervous disturbances associated therewith, abdominal plethora, due to over-feeding and sedentary occupation, asthma (if not owing to far advanced emphysema, serious heart affections, or arteriosclerosis), chronic bronchitis, if due to atony of the mucous membrane, or to bronchiectasis, phthisical tendency, pneumonic and pleuritic exudations, phthisis in its early stage, sequelæ of malaria, etc.

Contra-indications: Irritability of constitution, considerable defects in the cardiac apparatus, and atheromatous processes in the artery system.

Resident Physician: Dr. Foster (San Remo in winter).

Season: June to September.

The **Hotel Kursaal Maloja**, managed by Herr Walther-Denz for many years, is one of the best-appointed hotels in Switzerland. It contains 400 high, airy, light, dry rooms (many with balconies) and has accommodation for a like number of visitors. There is an extensive covered glass verandah and a covered promenade open towards south-east and south, and protected from north-east and east winds; an unusually large dining-room, refreshment, reading, billiard, and smoking rooms, ladies' drawing-room, 20 well-fitted bath-rooms, hydraulic lift to all floors, and electric light throughout the house. The heating and ventilating arrangements are on a most modern and perfect system (propulsion- and aspiration-system). Exquisite cuisine, genuine wines.

Entertainments: Concerts daily by a band from the Scala Milan, *réunions* twice a week, golf, lawn-tennis, cricket, American base-ball, rifle ranges, boating, sailing, excursions. Diligences and carriages at the hotel.

Maloja is reached by diligence either from Coire *via* St. Moritz, or by the Julier Pass, or from Chiavenna.

Any further particulars on application to

J. F. WALTHER-DENZ, Director, Kursaal, Maloja.

Marienbad.

BOHEMIA, AUSTRIA.

Route : London—Cologne—Würzburg—Nuremberg—Eger—Marienbad.

Topography : Marienbad is situated in the German part of West-Bohemia, 2,060 feet above sea-level, in a broad valley facing full south. Magnificent avenues, a large park, and a wonderful pine forest, all within easy reach of any place of the town, and laid out with well-kept roads and pathways, present the opportunity for taking walks of any extent.

Climate : The climate is that of Central Germany. The mean temperature is 45·14° Fahr.; the mean barometrical reading, 27·67 in. The topographical configuration of the locality is such as to allow an unchecked access of the mid-day sun, whereas the west, east, and north winds, and any stronger gales, are kept off by the surrounding mountains. The pine-scented air is charged with ozone to a considerable degree, and, owing to the absence of any manufactories in and about Marienbad, a freedom of smoke and any obnoxious elements, as well as of irritating noises, is prevailing.

Marienbad is free from epidemics. The drainage—on an approved system—has been completed throughout the town, as also has a new water supply, furnishing pure spring water. The town is lighted by electricity.

Curative means : There are three different classes of springs at Marienbad :—

1. The *sulphate of soda springs*, comprising (a) two strong and (b) two weak waters.—(a) The stronger waters are the 'Kreuzbrunnen' and the 'Ferdinandsbrunnen,' containing a high percentage of sulphate of soda, also of chloride of soda, bicarbonate of soda, and of free carbonic acid. Although similar to the Karlsbad waters as regards chemical constitution, the Marienbad waters have a more intense action, owing to the chemical ingredients being present in larger quantities. (b) The weaker waters are the 'Alexandrinquelle' and the 'Waldquelle'; the latter used as a table-water.

10,000 parts of the waters contain (by weight) :

	I. The Sulphate of Sodium Springs.				II. The Chalybeate.	III The Earthy.
	(a) Strong.		(b) Weak.		Ambrosiusbrunn	Rudolfsquelle
	Ferdinandsbrunn	Kreuzbrunn	Alexandrinquelle	Waldquelle		
Sulphate of potassium	0·4926	7·087	0·36	1·016	0·3459	0·2250
Sulphate of sodium	47·1535	43·234	14·72	12·131	3·1135	1·0630
Sulphate of lime	0·1490	—	—	—	0·4585	—
Nitrate of sodium	0·1236	—	—	—	0·0067	—
Nitrate of ammonia	—	0·039	—	—	—	—
Chloride of sodium	17·1236	16·588	4·99	3·917	0·1378	0·5862
Chloride of magnesium	0·7715	—	—	—	0·2508	—
Bicarbonate of sodium	20·5810	17·232	6·39	10·986	0·8264	1·3929
Bicarbonate of lithium	0·3041	0·159	—	—	0·0068	Traces
Bicarbonate of ammonia	0·0744	—	—	—	—	—
Bicarbonate of lime	6·0156	8·408	3·10	3·566	3·0024	11·1628
Bicarbonate of strontia	Traces	0·010	—	—	Traces	Traces
Bicarbonate of baryta	—	0·004	—	—	—	—
Bicarbonate of magnesia	6·0249	4·012	2·91	4·653	2·8871	6·7030
Bicarbonate of protoxide of iron	0·7374	0·186	0·32	0·232	1·6669	0·4155
Bicarbonate of protoxide of manganese	0·1836	0·048	0·03	0·022	0·0253	0·0747
Phosphate of alumina	0·0633	0·040	0·06	—	0·0526	0·0340
Silicic acid	0·7765	0·434	0·68	3·832	0·4986	0·1260
Organic matter	1·0532	Traces	—	Traces	—	—
Arsenic	Traces	—	—	—	Traces	Traces
Fluorine	—	Traces	—	—	—	—
Bromine	—	—	—	—	—	—
Free carbonic acid	31·7930	10·925	16·38	22·920	22·9431	12·1616
Analyst	Prof. Gintl 1879	Redtenbacher 1892	Prof. Lerch 1873	Prof. Dietl 1871	Prof. Gintl 1880	Prof. Lerch 1866
Temperature (Fahrenheit)	50·5	53·2	48·2	50·0	49·3	50·9

2. The *chalybeate springs* : the 'Ambrosiusbrunnen,' considered the most prominent representative of the chalybeate waters of Austria and Germany.

3. The *earthy alkaline*, 'Rudolfsquelle' (very similar to the Wildungen water).

Lastly, the 'Marienquelle' has to be mentioned, containing a high amount of free carbonic acid, and used for bathing purposes only.

Baths are taken in the Centralbad, the new Badehaus, the Moorbadehaus, and the Gasbadeanstalt, all fitted with the latest improvements. There are available : (1) acidulous baths ('Marienquelle' and 'Ferdinandsbrunnen') ; (2) chalybeate baths ('Ambrosius-' and 'Karolinenquelle') ; (3) mud-baths ; (4) gas-baths ; (5) vapour-baths ; (6) hot air-baths ; (7) hydropathic appliances. At request, any additional ingredients are mixed with the baths.

Special indications : I. *Constitutional diseases* : obesity, gout, diabetes, anæmia and chlorosis, scrofula. II. *Organic diseases* : (1) diseases of the digestive tract (gastric and intestinal catarrh (obstipation), hyperæmia of the liver, enlargement of the liver, fatty liver, portal congestion, hæmorrhoids, plethora abdominalis, catarrhal jaundice, gall stone, tumours of liver and spleen, also febris intermittens) ; (2) diseases of the respiratory and circulatory organs (chronic catarrh, emphysema, fatty heart, habitus apoplecticus) ; (3) diseases of the urinary apparatus (chronic nephritis, chronic vesical and urethral catarrh, nephritic stone and gravel) ; (4) diseases of the female sexual organs (metritis, para- and perimetritis, vaginal catarrh, amenorrhœa, dysmenorrhœa and chlorosis, sterility, and tendency to abortion, climacteric complaints) ; (5) diseases of the peripheric nerves and locomotive apparatus (sciatica, peripheric paralysis, exudations of muscles and joints of a rheumatic nature).

More than thirty doctors are practising during the season.

Entertainments : Orchestra (plays three times daily), concerts, *réunions*, tombolas, theatrical performances, reading room, shooting, fishing, riding, cycling, walks, excursions, etc.

Kurtax : In three classes, 10, 6, 4 Fl. resp. ; music tax extra.

Season : 1st May to 30th September. 17,000 visitors in 1894.

Divine Service : English services at the English Church.

Marienbad is a station on the Vienna-Gmünd-Eger line. Through tickets at all principal stations.

The 'Mineralwasserversendung Marienbad' ships the mineral waters and moor-earth, the 'Salzsudwerk Marienbad' the spring-salts, etc.

Meran.

SOUTH TYROL, AUSTRIA.

Route : London—Munich—Bozen—Meran.

Situation : The town of Meran, with its suburbs Obermais, Untermais, and Gratsch, lies in the broad valley of the Adige, celebrated for the beauty of its scenery and the fertility of its soil. Meran and Untermais have an altitude of 1,050 feet above sea level, but Obermais is situated on a gentle slope rising from 50 to 600 feet above Meran. Mountains, varying from 6,500 to 9,600 feet in height surround the town in the north, east, and west, forming a semicircle which opens out full south, and provides a wonderful view upon a far-stretching and lovely valley.

Climate : *a.* Meran enjoys an exceptionally clear sky, especially during the winter months (55 cloudless days from November to March), and in the number of bright days is only second to Cairo.

b. It is also favoured by an absolute absence of wind during the winter months (on a ten years average, only 14 windy days in the four winter months).

c. The number of rainy days is the least on record of all European health resorts (52 during the year, including 7 snowy days).

d. The Meran air is distinctly dry, and, in this respect, the place ranks with Davos and Cairo.

The number of windless days allows even susceptible invalids to spend nearly every day several hours in the open air.

Since 1887 the town is favoured with a constant water supply.

Curative means : In addition to the 'climatic remedies' above referred to, Meran offers a rare choice of other therapeutic arrangements, such as goats' and cows'

milk, kefir, all kinds of mineral waters, goats' whey, fresh herbs extract in Spring, grapes and fruits in Autumn; also, in the Kurhaus, a pneumatic chamber, an inhalation room, a bathing establishment with electric, Russian, mud, salt-water, pine, and other baths; hydrotherapeutics, massage, electro-massage, gymnastics, 'Terrain-Kur' on Prof. Oertel's system (Meran is particularly adapted for this speciality).

Special indications: Children suffering from scrofula or rickets, or having a weak or delicate constitution; debilitated young people suspected of a consumptive tendency; chronic catarrh of the lungs, chronic phthisis, pleuritic exudation, emphysema, asthma; inflammation and suppuration of the glands, periostitis, caries, fungous affections of the joints; gout, chronic nephritis, disturbances of blood circulation, weakness and fatty degeneration of the heart, obesity; nervous disorders and irritability, convalescence, premature marasmus; lastly, all those disorders of the alimentary canal for which the grape- and fruit-cure are recommended.

Contra indications: Excessive irritability of the nervous system and the mucous membranes, dry catarrh of the larynx, especially if associated with tendency to hæmoptysis and continued fever.

Doctors: Drs. Ballman, Bermann, v. Braitenberg, Brühl, Felderer, Fischer, Frank, Hausmann, Hirschfeld (dentist), Hönigsberg, Huber, v. Huttern, v. Jarmay, v. Kaan senior, v. Kaan junior, Kaufer, Kirchhammer (dentist), Kuhn, Alois Ladurner, Franz Ladurner, Mazegger, v. Messing, Pollak, Pröll, Prünster, Reibmayr, Rochelt, Schreiber, Tappeiner, Veninger, Vögele.

Entertainments: Concerts by the excellent orchestra twice daily in the open air, 'Wandelhalle' (covered promenade) or Kurhaus, theatrical performances 4 times a week from October to Easter, balls, *réunions*, concerts, reading room in the Kurhaus (about 70 newspapers and illustrated journals in 5 languages) well-stocked libraries (5 languages), rifle ranges, fishing, shooting, lawn-tennis and croquet, riding school, bicycle club. Extensive walks, and pleasure grounds beautifully laid out with southern evergreens of the choicest variety.

Kurtax: I. class 2 Fl., II. class 1.50 Fl., III. class 1 Fl. per week. After 12 weeks no further charge is made during the same season. Doctors, their wives and children, are free.

Divine Service: English Church services are held in the new English Church in connection with the S.P.G. Also Catholic, Protestant, Russian, and Jewish services.

Season: 1st September to middle of June.

Meran is the terminus of the Bozen-Meran Railway. Through carriages run between Meran and Vienna, and Meran—Munich—Leipzig—Berlin. London is reached in 45 hours.—Post and telegraph.—Any particulars and free prospectus on application to the Kurvorsteher.

Nauheim Spa.

GRAND DUCHY OF HESSE, GERMANY.

Route: London—Frankfort o/Main—Nauheim (Bad.).

Situation and Climate: Nauheim, 452 feet above sea-level, lies on the north-eastern slopes of the Taunus Mountains. The average temperature of the year is 49.5° Fahr.; the average of the barometrical readings, 29.53-in. The air is bracing and tonic, especially in the district near the graduating works. The extensive park, containing the Kurhaus, all the bathing-establishments, and a lake of good size, provides beautiful walks and cool resting places even in the hottest summer days. A large forest with magnificent old oak trees is within easy distance.

Curative means: The two springs, No. 12 ('Friedrich-Wilhelm's Spring,') and No. 7 ('Grossër-Sprudel'-big well), which are used for baths, are very rich in free and semi-bound carbonic acid. Their chief ingredients are:—chloride of sodium, chloride of lithium, chloride of potassium, chloride of lime, and bicarbonate of lime. Baths of every description, particularly effervescent thermal baths, are available; also milk- and whey-cure, inhalation-room (pulverized soole), massage, orthopædic institution, Swedish gymnastics, medico-mechanical institute (Zander system), grape-cure, ozone-air of the graduation house.—The two saline springs ('Karlsbrunnen' and 'Kurbrunnen') and an alkaline water ('Ludwigsquelle') are prescribed for internal use.

Special indications: Nauheim is celebrated for the successful treatment

of heart diseases by baths and gymnastics, shortly called after the name of the ingenious founders, the 'Schott Method'; especially adapted for this method are those forms of heart-disease which are the result of rheumatism, gout, and other affections leaving permanent traces of their attack in the cardiac apparatus, either of a functional or organic nature. Further indications are:—diseases of the spine and nerves (neuralgia, neurasthenia), women's diseases, chronic catarrh of the mucous membranes, diseases of the bones, periosteum, and joints; scrofula, rickets, gout, and rheumatism in all its forms.

Doctors: Drs. Abbée, Grödel, Müller, Schott (heart)—speaks English, Credner, Friedländer, Baur, Bruck (nerves)—speaks English, Stoll, Hirsch, Beste, Langebartels, Gittermann, Schuster, Schröder, Jankowski, Steinberg.

Accommodation: The **Grand Hotel Kaiserhof**, a first-class hotel, patronised by nobility and gentry, is well worth recommending. Being not far off the railway station, in a beautiful position facing the baths and the 'Sprudel,' and close to the drinking wells, it is the *rendez-vous* of the better class visitors. The house is fitted with all modern improvements, such as electric light, lift, central heating, etc. Reading-, music-, and smoking-rooms. An excellent lawn-tennis ground has lately been laid out, and contributes to the entertainment of the visitors.

Meals can be taken, according to desire, either in the large, airy dining-hall, or in separate dining-rooms, on the covered terrace or in the shady garden. The cuisine is exquisite, and the genuine and pure wines are of the best vintages. Visitors residing in villas, or private houses, can also have their meals at the hotel, and arrange for full board.

The English Chaplain officiating at Nauheim during the season resides in the Hotel.

Entertainments: During the summer months, a mail-coach (with gentlemen drivers) runs daily (Sundays excepted) between Homburg and Nauheim, and puts up at the stables of the Hotel Kaiserhof. The prettiest parts of the Taunus Mountains are passed during the drive, which takes about 1¾ hours. Relay of horses on the road.—The orchestra plays three times daily; there are also theatrical performances, artists' and military concerts, balls, lawn-tennis, croquet, boating on the lake, fishing, etc.

Kurtax. 12 Marks; reduction for families; children and servants are free. Medical men are exempt from this tax.

Divine Service: English service is held during the season.

Bad-Nauheim is a station on the Main-Weser Railway, 45 minutes rail from Frankfort o/Main. Through tickets from London to Nauheim by the Dover-Calais, Dover-Ostend, and Harwich-Hook of Holland lines.

Neuenahr (Rhenish Prussia) Germany.

Route: London—Cologne—Bonn—Remagen—Neuenahr.

Topography and Climate: Neuenahr is situated in the picturesque valley of the Ahr, a side valley of the magnificent Rhine river, in the Prussian District of Coblenz, on the foot of the basalt-cone "Neuenahr" (covered with beautiful leaved woods), 260 feet above sea level. It is reached from Cologne or Coblenz by rail in 1½ hours. The climatic conditions are the best possible, and are characterised by the mildness and purity of the air (unusually rich in ozone), by the equability of the temperature, by the capability of the soil to dry up rapidly in consequence of the porous nature of the subsoil, and by its position, it being well sheltered by wood-clad hills from keen winds. The average temperature during the five months of the season is 71·06° Fahr.; the average barometrical reading, 30·137 in.

Curative means: Neuenahr has 4 springs, the most important being the "Grosse Sprudel" (great well). Fresenius classifies this water with the purely alkaline springs, amongst which, however, it occupies the peculiar position of an alkaline *thermal* water—the only one of the kind in Germany. It is to this peculiarity, as well as to the unique results produced by it—results unobtainable in the same degree at other German watering places—that Neuenahr owes its world-wide reputation, a reputation backed up by the approval and recommendation of all medical authorities.

The chief constituents are : Bi-carbonate of soda, lithate of ammonia, lime, magnesia, oxide of iron, protoxide of manganese, protoxide of zinc, sulphate of sodium and potassium, chloride of sodium, bromide and iodide of sodium, phosphate, arseniate and baborate of sodium, silicic acid and carbonic acid—1000 C.C. of the water contains 777·91 C.C. of free carbonic acid. The temperature of the water is 104° Fahr. The Great Well yields 50,000 gallons of water in 24 hours, provided the flow from the shaft is unchecked, producing thus an almost unlimited supply. It is used for bathing and drinking purposes. The baths, douches, and inhalatorium are fitted up on the most modern principles. The whey and grape cures are also conducted here.

In order to facilitate the use of the Great Well for those who are unable to travel and to go through a course of the waters at Neuenahr itself, also for the promotion of the "Vorkur" and "Nachkur" ("preliminary" and "after" treatment), and for winter use, the thermal water of Neuenahr is shipped by the directors at the rate of 5d. per bottle (not including cartage and transport) ; which water may be had from any chemist, mineral water dealer, or dépôt.

Special indications : The effects of Neuenahr are of a gently persuasive and invigorating type ; they never debilitate, but, on the contrary, strengthen the organism, even by protracted use. Neuenahr is indicated in cases of chronic affection of the alimentary, respiratory, and urinary organs, gall stone, swollen liver, hepatic atrophy and sluggishness, chronic nephritis, saccharine diabetes, gout, rheumatism, stone in the kidney, scrofula, affections of the mucous membrane and the uterus, influenza and its sequelæ.

Neuenahr treatment is contra-indicated (at least during the heat of summer) where the above-mentioned affections are combined with severe congestions of the head and lungs, or in excited and irritable cases.

Doctors : Drs. Unschuld (San. Rath), Teschemacher (San. Rath), Schmidt (San. Rath), Niessen, Lenné, Grube, Kühn, Weidenbaum.

Kurdirection : F. Rütten, Director of the 'Bad-Neuenahr Company.'

Hotels : 'Kur-Hotel,' the only first-class Hotel, detached and situated in the Kurpark, which contains the thermal baths ; all the other Hotels have no medical baths. There are also about 30 inns, and many private apartments, at all tariffs.

Entertainments : Theatre, orchestra (three times daily), magnificent Kurpark, lawn tennis and croquet grounds, reading room, *réunions*, vocal and instrumental concerts, Bengal lights, fireworks, etc.

Kurtax : 20 Marks (20/-) each person ; reduction if more than one in a family. Thermal bath : 2 Marks (2/-), 1·50 Mark (1/6), and 1 Mark (1/-) ; Inhalation, 60 Pfennig (7½d.) ; Massage, 1 Mark (1/-).

Divine Service : In English (S.P.G.), Roman Catholic, and Protestant Churches ; also a Synagogue.

Pamphlets gratis and post free on application to the Kur-Direction.

Niederrickenbach.

NEAR STANS, CANTON OF UNTERWALDEN, SWITZERLAND.

Climatic Alpine Station, and Hydropathic Establishment.

Niederrickenbach, a favourite summer resort of old renown, 3,828 feet above sea level, has a delightful, exceedingly romantic, and well sheltered position in the midst of grand Alpine scenery, and is highly recommended by eminent medical authorities. The efficacy of the climate is assisted, in suitable cases, by hydrotherapeutics.—Charming walks, large forests, picturesque maple groves. Choice of mountain excursions and magnificent Alpine panoramas.

Excellent spring water. Milk and whey cure. Full board : 4 Francs ; room : from 80 Cts. Post and telegraph in the house. Prospectus gratis and post free.

Those requiring recreation will find Niederrickenbach a most convenient resort.

J. VON JENNER, Proprietor.

Oberstdorf.

IN THE BAVARIAN ALPS (Algäu), GERMANY.

Route : London—Ulm—Immenstadt—Oberstdorf.

Topography : Oberstdorf, climatic mountain station in the Bavarian Algäu, is much resorted to in the summer, as well as in the winter. The locality, 2,765 feet

above sea level, has a wonderful position in a mountain valley, and is well sheltered from winds. The air is free from dust and rich in ozone. Numerous shady roads, level or of moderate incline, lead into the adjacent forests. Thirteen romantic mountain valleys are accessible about four miles distant, providing for the visitor the unique facility of most varied and picturesque walks, drives, and mountain excursions. There are large woods, and good opportunity for boating on the mountain lakes and fishing.

Climate : Temperature and weather are remarkably equable, especially in the winter, when strong currents of air are absent and a constant sunshine prevails.

Curative means : Ordinary baths, swimming- and mud-baths ; methodical mountain climbing ; milk-cure.

Special indications : Diseases of the nervous system and of the organs of digestion and circulation ; convalescence and 'Nachkur' ('after-treatment') after Kissingen, Karlsbad, etc.

Doctor : Dr. U. Reh.

Hotels : Mohren (with drawing-room), Sonne, Löwen, Hirsch, Stern. *Boarding houses :* Rubihau, Villa Schmidt. About 100 comfortable large and small private apartments.

Tariff : Private apartments, 80 Pfennig—2 Marks ; *en pension*, 4—7 Marks.

Entertainments : Military concerts, recitations, wood fêtes, boating, and excellent trout fishing, etc.

Divine Service : Roman Catholic (daily), and Protestant services (Sundays during summer).

5,000 visitors and travellers per year.

Oberstdorf is the terminus of the Immenstadt-Sonthofen-Oberstdorf line (branch line of the Munich-Lindau Railway). Post (5 deliveries daily) and telegraph.—For any particulars apply to the Verschönerungsverein.

Oeynhausen Spa.

PROVINCE OF WESTPHALIA, GERMANY.

Route : London—Loehne (*via* Salzbergen or Oberhausen or Cologne)—Oeynhausen.

Topography and Climate : Oeynhausen, a town of 2,400 inhabitants, 232 feet above sea level, is situated on the Werre, near the Porta Westphalica. The surrounding mountains and woodlands render the climate healthy and invigorating. The sanitary arrangements are perfect, there being an excellent water supply and a complete drainage throughout the town.

Curative means : There are three strong thermal springs, rich in carbonic acid, and two ordinary sool-springs, besides sool vapour- and wave-baths, air of the graduation house, establishments for milk cure and for drinking natural and artificial mineral waters and bitter waters, an orthopædic institution, electricity, massage, swimming baths, and river-baths. The latest analysis of the springs (by Prof. Dr. Finkener at Berlin) shows that the constituents of 100 grammes of the waters are :

	THERMAL SPRINGS.			SOOL SPRINGS.	
	Shaft I.	Shaft II.	Shaft III.	Weak.	Strong.
Silicic acid	0'0049	0'0029	0'0034	0'0023	0'0033
Alumina	0'0008	0'0004	0'0006	0'0006	0'0008
Arsenic acid	0'00001	0'00001	0'00001	0'00001	0'00002
Chloride of sodium	3'167	3'458	3'228	2'732	9'073
Chloride of lithium	0'0005	0'0005	0'0005	0'0004	0'0006
Bromide of sodium	0'00015	0'00013	0'00016	0'00013	0'00028
Iodide of sodium	0'00001	0'00002	0'00001	0'00002	0'00005
Sulphate of sodium	0'293	0'060	0'153	0'239	0'212
Sulphate of potassium	0'027	0'030	0'025	0'018	0'042
Sulphate of lime	0'341	0'446	0'385	—	0'381
Chloride of magnesium	0'145	0'125	0'122	0'050	0'170
Carbonate of calcium	0'102	0'079	0'088	0'132	0'135
Carbonate of magnesia	—	—	—	0'037	—
Carbonate of peroxide of iron	0'011	0'006	0'004	—	—
Carbonate of protoxide of iron	—	—	—	0'008	0'011

Total of solid matter ..	4'092	4'207	4'010	3'219	10'029
Absorbed carbonic acid in 1,000 grammes ..	1082 ccm	737 ccm	768 ccm	—	—
Absorbed nitrogen in 1,000 grammes ..	22 "	14 "	21 "	—	—
Average temperature (Fahr.)	92'42°	80'11°	80'31°	52'25°	52'25°

Baths of 78—90·5° Fahr. can be prepared by an appropriate blending of the thermal and sool-springs; higher degrees are produced by indirect heating. Sool-baths containing up to 77 pounds of salt per bath and having any required degree of temperature can be made from the water of the two sool-springs without any artificial addition. The thermal baths are supplied directly from the springs. The bathing arrangements are excellent and comprise: (1) The large Thermal Bath House, with 76 bathrooms and douches; (2) the new Sool-Bath-House, with 39 bathrooms, inhalatorium and douche-room; (3) The new second Thermal Bath-House, with 22 bathrooms; (4) The old Sool-Bath-House, with 35 bathrooms and douches.

Special indications: The thermal sool-baths and sool-baths are used in cases of disturbances of nutrition after serious diseases, also if caused by chlorosis, diabetes, gout, etc., scrofula in all its various forms, muscular rheumatism, chronic articular inflammation in consequence of injuries and other causes, chronic articular rheumatism, arthritis deformans, paralysis after apoplexy, chronic inflammation of the spine, functional diseases of the central nervous system (hysteria, nervous debility, etc.), derangements of the nervous system caused by injuries and shock (such as railway accidents, falls, etc.), inflammation and paralysis of peripheric nerves due to acute diseases, cold, injury, pressure, etc. neuralgia (sciatica, etc.), muscular atrophy, heart diseases (valvular affections, fatty heart, debility of the cardiac muscles, etc.), exudations produced by inflammations of the pleura, pelvic organs, vertebrae, etc.; chronic inflammation of the uterus and its annexes.

Sool-vapour is used for chronic catarrh of the nose, pharynx, Eustachian tubes, etc.

Doctors (alphabetically): Drs. Baudorff, Cohn, Huchzermeyer, Kann, Koch, Lehmann (Sanitäts Rath), Lehmann, jun., Oetker, Reckmann, Rinteln (Sanitäts Rath), Rohden, Sauerwald (Sanitäts Rath), Voigt (Geheim. Sanitäts Rath).

Entertainments: An orchestral band of 35 members plays three times a day; also theatrical performances, artists' and military concerts, balls, fireworks, etc., take place. Large park, laid out by Lenné, with shady and well-kept paths, rifle ranges, boating, fishing, lawn tennis, etc. Reading, music, drawing, and refreshment rooms.

An unique feature of Oeynhausen is that all the houses, both private and public, are approached by a so-called ramp, so that bath-chairs can be wheeled right into the house from the road, dispensing thus with the inconvenience of steps. For this reason Oeynhausen is called "the Eldorado of the Paralysed."

Kur- and Music-Tax: 15 Marks, 2 persons 21 Marks, etc.

Divine service: Protestant and Catholic services are held.

Season: 15th May to the end of September. Winter season: 1st October to 15th May. Number of visitors (in 1895): 25,318, of which 7,337 were patients. During the same year 105,844 baths have been taken.

Oeynhausen is a station on the Cologne-Berlin and Loehne-Vienenburg Railways; London is reached in 18 hours.

KÖNIGLICHE BADE-VERWALTUNG.

Prospectus, etc., of the Spas' Association, 40, Chancery Lane, London, W.C.

Palermo.

ISLE OF SICILY. ITALY.

Route: London—Naples—Palermo, or London *via* Straits of Messina to Palermo.

Topography: Palermo, the capital of Sicily, with 260,000 inhabitants, has a magnificent position in the lovely and poetic Conca d'Oro. It is surrounded by picturesque mountains, one of which, the historic Monte Pellegrino, shelters the city from the north winds.

Climate: Palermo as a winter resort is unrivalled, the climate being amongst the mildest and most equable in Europe; the mean temperature is 64° Fahrenheit. The icy-cold Scillato drinking-water is of absolute purity.

The clean, well-paved streets are lined with handsome shops.

Accommodation and Entertainments: First-class hotels with moderate charges. — Hydropathic establishments. — Beautiful public and private gardens, fine promenades, including the far-famed Marina 'passeggiata,' numerous theatres, and frequent public concerts. Numberless old churches, rich in marbles and mosaics.

Magnificent Royal Park—La Favorita—open to the public daily.

Divine Service : English and German places of worship. English Church : Via Cavour.

Palermo is the centre of the Sicilian Railway system, and easily taken excursions to view the antiquities of Solunto, Segesta, Selinunte, Girgenti, etc., are very popular.

Access : From Naples the crossing only takes 10 hours in luxurious steamers. The railway journey in Pullman Car, and with only 15 minutes sea passage across the straits of Messina, at present takes 20 hours, but will probably be reduced to 16 hours very shortly.

Doctor : Dr. Berlin.

Pyrmont Spa.

PRINCIPALITY OF WALDECK, GERMANY.

Route : London—Löhne—Hameln—Pyrmont.

Situation and Climate : Pyrmont is a Spa of old renown in the Principality of Waldeck (Central Germany), between Hanover and Cassel, near Hameln, and the Weser-valley. It is situated 396 feet above sea-level in a large and beautiful valley, on the slopes of gently ascending wood-clad hills which, rising to a height of 990—1,650 feet, surround the place, and provide not only a shelter from brisk air-currents, but offer a good opportunity for the "Terrain-Kur." The large Kurpark, with the Prince's Castle, is immediately adjoining. The climate is healthy, the air bracing, pure, and free from dust, and the absorbing capacity of the subsoil very high. The average summer temperature is 60.8° Fahr.

There are several so-called Table Waters.—The houses are supplied with water from the water-works. The sanitary arrangements are made a speciality of. Epidemics are unknown. The inhabitants are hardy and long-lived. Pyrmont is especially suitable for a permanent stay, and for the "Winter-Kur."—The Spa has a long and renowned history. It was known in the time of the Romans, and the springs were discovered 1863-4. It can be traced back authentically to the 14th century as a health resort.

Curative means : 1. *Iron Waters, first-class chalybeate springs :* "Hauptquelle" (main spring), "Brodelbrunnen" (bubbling well), "Helenenquelle" (Helen's spring). They contain in 1,000 parts (by weight) 0.048 - 0.077 bicarbonate of iron, and 1.407—1.540 C.C. of free and dissolved carbonic acid, the temperature being 53.6° Fahr. (Professor Fresenius).

2. *Iron-moor-earth*, containing the highest percentage of sulphur and iron in combination (in practically inexhaustible layers). (Professor Kreussler, Bonn, 1890). *The Prince's Establishment for chalybeate baths, the Prince's Establishment for mud-baths*, with douches of every description.

3. *Chloride of Sodium Waters*,—salt-spring, used for drinking.—Temperature, 50° Fahr., containing in 1,000 parts (by weight) 7.057 chloride of sodium and 954 c.c. of carbonic acid. (Professor Wiggers).

4. *Soolwater for baths :* Temp. 50°—59° Fahr., containing in 1,000 parts, 10—32 chloride of sodium, and 4—700 c.c. of carbonic acid (Professor Wiggers).

The Prince's Establishment for salt-baths. Private Establishment for sool, pine-needle, moor, and every kind of medicinal baths.

Arrangements for electric, massage-, and medico-mechanical treatment, etc.

Special indications : Disturbance of nutrition and blood development, anæmia of a primary or secondary nature, even if the original affection continues, nephritis, malaria, tropical diseases, leukæmia, lues, morbus Basedowii, diseases of the nervous system, especially those connected with nervous irritability, also general neurasthenia, hysteria, chorea, neuralgia, migraine, spasm, paralysis, functional debility of individual organs, debility of the muscular apparatus of the heart with or without perceptible organic change, nervous dyspepsia and diarrhœa, fluor albus and hemorrhagia, sterility, disposition for abortion, impotency, pollutio nimia, debility of the bladder, chronic catarrh, especially of the respiratory and alimentary organs, enlargement of internal organs, inflammatory infiltration and exudation, female diseases and affections of the joints. Energetic and effective treatment of scrofula, rickets, rheumatism, gout, and also of skin diseases. The method and discipline of any kind of treatment is absolutely systematic and thorough.

Doctors : Drs. Seebohm I, Gruner, Weitz, Markus, Schücking, Hölscher,

Seeböhm II—all of whom are pleased to afford enquirers the fullest information relative to matters connected with their profession.

Divine Service : English service is held during the season, in the Protestant Church.

The school arrangements are of an approved style (Grammar School), and there are opportunities for every kind of private tuition, especially as regards music. The language spoken at Pyrmont is free from any dialect.

Season : 1st May to 10th October. The waters, however, may be taken before or after this time.—13—14,000 visitors.

The “**Fürstliche Brunnen-Direction**” manages the affairs referring to the spring, and attends to enquiries made by letter. Orders for mineral waters are to be addressed to the “**Fürstliche Brunnencomptoir**.”

Kur-Tax and prices of baths are regulated by a fixed tariff. The ‘Kur-Karte’ entitles its owner to carry on the cure, to visit the parks and concerts, garden parties, reading and music rooms, and to free shooting and fishing.—There are beautiful and extensive grounds in the Kurpark, for lawn tennis, croquet, ball, ninepins, etc., children’s play-grounds, rifle and pistol range ; there is also the Prince’s Theatre, with a good cast. Races (arranged by the Hanover Racing Club) take place in the latter part of July. The Mountain Railway runs from the Kurpark to the Bomberg, from which charming excursions can be made into the mountains. On the whole, there are many attractive and picturesque spots both in the near and distant surroundings.

Cabs, saddle horses, donkeys, bath chairs, etc., can be had at any time.

Fixed rules regulate the renting of rooms in hotels and private houses. In most of the houses the terms are *en pension* and inclusive.—Post and Telegraph.

Hotels : ‘Grosses Bade Hotel,’ ‘Lippischer Hof,’ ‘Krone,’ ‘Kaffehaus,’ ‘Waldecker Hof.’

Rapallo.

RIVIERA DI LEVANTE. ITALY.

Route : London—Genoa—Rapallo.

Topography and Climate : Rapallo is well sheltered from wind, absolutely free from dust, and has a very mild winter temperature (average: November 53·9, December 47·8, January 46·5, February 48·0, March 50·5, April 57·9° F.). The relative moisture of the air is 66 %, and only slight differences occur between the daily maxima and minima of temperature. The surroundings are exceedingly charming, and render Rapallo one of the most beautiful spots of Italy. The choice of picturesque walks and excursions along the beach, as well as to numerous romantic mountain valleys, is of such variety that, in this respect, Rapallo is second to none of the localities of both Rivieras. There is also an excellent water supply and a good drainage.

Special indications : 1. Dry catarrh of the air passages ; pleuritic exudations, asthma, emphysema, habitus phthisicus — but not phthisis florida 2. Valvular defects, dilatation of the cardiac muscle, and fatty heart ; nervous affections of the heart. 3. Nephritis with slight albuminuria. 4. Chronic diseases of the digestive tube, abdominal plethora, enlargement of the liver, biliousness. 5. Nervous diseases of every kind (neuralgia). 6. Chronic rheumatism, gout, diabetes, chlorosis, anæmia. 7. Protracted convalescence after acute illness (typhoid fever, malaria, influenza).

Doctor : Dr. Martin Bruck (summer at Nauheim).

Divine service : English services are held throughout the winter.

Accommodation : **Grand Hotel d’Europe**, a first-class hotel, considerably enlarged and improved by the new proprietor—Mr. Forti—standing in its own extensive grounds, situated due south and facing the sea and the Gulf of Rapallo, contains a great number of high, airy bedrooms and well-appointed drawing-rooms, reading, smoking, and billiard rooms. Central heating. Exquisite French cuisine and wines. Moderate tariff on weekly terms.

For simpler requirements : Hotel de Rapallo, Pension Rosa bianca, Suisse, etc.

Reichenhall.

IN THE BAVARIAN ALPS, GERMANY.

Route : London—Munich—Reichenhall.

Situation and Climate : Reichenhall, in the midst of the south-eastern Bavarian Alps, 1,554 feet above sea level, the centre of the Bavarian saline district, is situated in a valley of circular form, the diameter of which is between $2\frac{1}{2}$ and 3 miles. It is sheltered from any rough winds by dolomite mountains, 6,560 feet high, and has a mild pure air, which is perfectly free from dust. The evaporation and pulverization of more than 100,000 gallons of soole per day causes the atmosphere to contain a high percentage of salt, whilst the adjacent large pine-woods produce an aromatic scent all over the place. Last, but not least, there has to be mentioned that an excellent water supply furnishes the best mountain spring-water, and that the drainage, as well as the arrangements for disinfection, are perfect.

The average temperature of the five months of the season is :

MAY.	JUNE.	JULY.	AUGUST.	SEPTEMBER.
57° F.	60·8° F.	68·9° F.	63·86° F.	55·6° F.

The highest and lowest thermometrical readings were (in 1894) :

MAY.		JUNE.		JULY.		AUGUST.		SEPTEMBER.	
highest	lowest	highest	lowest	highest	lowest	highest	lowest	highest	lowest
80·6	36·4	82·4	43·16	91·4	50	85·14	45·5	79·52	35·4

The average barometrical readings were (in 1894) :

MAY.	JUNE.	JULY.	AUGUST.	SEPTEMBER.
28·35 in.	28·50 in.	28·49 in.	28·51 in.	28·49 in.

Curative means and Special indications : Reichenhall is not only a favourite summer resort for those who pass the winter and spring in the South, but as the most varied therapeutics are naturally and artificially combined at that place, the most varied diseases are treated and cured here. Chronic catarrh of the air-passages, the various forms of phthisis, bronchiectasis, etc., are cured or relieved by breathing the pure and mild air, which is perfectly free from dust, by the use of the graduation-house and inhalation rooms, and by drinking whey and milk. Good results are obtained by the use of the pneumatic chamber in cases of emphysema, certain kinds of asthma, dyspnœa, residua of pleuritic exudations, chlorosis, anæmia, and some forms of deafness. Baths of soole and mother-lye are used in cases of scrofula, chlorosis, rickets, protracted convalescence after serious illness, chronic affections of the sexual organs of women, and to stimulate the resorption of exudations in the various organs. Rheumatism and gout are most successfully treated by mud-baths, and baths impregnated with extract of *pinus pumilio*. The "Terrainkur" is a speciality of Reichenhall. As there are the best possible climatic conditions and an abundance of therapeutics, especially, however, as the place is surrounded by mountains, and provided with an extensive net of well-kept roads, which lead into every direction and are of every degree of incline, it has been officially fitted for the "Terrainkur," on the approval and advice of the founder of this method of treatment, Professor Oertel. Anything necessary for carrying out the "Terrainkur" (map of distances, classification of roads, proper régime of diet) can be had. Cases of disturbance of circulation (reduced power of the cardiac muscles, heart disease, with insufficient compensation, fatty heart and obesity, derangements of the pulmonary circulation, &c.) are the suitable objects. The most convenient time for such patients to make their stay at Reichenhall is the early spring and the autumn.

The *bathing treatment* is carried out by means of the sool-spring of Reichenhall, containing 23-24% of salt—one of the strongest natural sool-springs of the Continent ; further, by means of the mother-lye, containing more bromide than the Kreuznach product ; and lastly, by mud-baths, and baths impregnated with an extract of *pinus pumilio*, a fir-tree growing in the higher Alpine districts. Baths of every kind, also carbonic acid baths with an addition of soole, can be had at several bathing establishments, villas, and boarding-houses.

Establishments for inhalations : (1) Large graduation works, combined with a great sool-fountain, producing plenty of ozone, and impregnating the atmosphere

with salt particles to a considerable extent, so that the surrounding air is of the same character as on the sea-side. (2) The Mack Inhalation Establishment for pulverised soole and pumilio-extract, &c. (3) Inhalatorium at Kirchberg Bath. (4) The Wilcke Inhalatorium on the Jahr system. (5) Inhalatoria on the Clarer and Quehl system. (6) The Zerkog Inhalatorium on the Dr. Hartmann system (lignosulfit). (7) The boiling-houses of the salt-works (hot sool-vapour). (8) Largest pneumatic chambers (compressed air).

For a *drinking treatment* there are prescribed:—(1) Whey, a speciality of Reichenhall. (2) Herbal juices, prepared from herbs of the higher mountains. (3) Soole impregnated with carbonic acid. (4) Bitter water prepared from Reichenhall alkaline salts. (5) Cow's milk of excellent quality. (6) Kefir prepared daily by the chemist. (7) Mineral waters.

There is also a Medico-Mechanical Institute for Swedish gymnastics, and a staff of trained masseurs.

Doctors : Dres. Freiherr von Liebig, Rapp, A. Schmid, Bulling, Harl, Goldschmidt, Prof. Cornet, Loeb, Ortenau, Schöppner, Krez, Alexander, von Heinleth, Pospisil, Dietzel.

Season : May—October. **9,000** Visitors in 1895, and about as many travellers.

Entertainments : Daily and periodical concerts of every kind, theatre, 'réunions,' illuminations, etc. Reading-room, libraries, etc. Charming excursions in the surrounding mountains of unrivalled and beautiful sceneries. Long walks on well-kept roads into every direction. Lawn tennis and croquet.

Kurtax : 15 marks ; reduction if more than one in a family after the 1st September.

Reichenhall, on the Munich-Salzburg route, is reached from London in 40 hours. Direct fast service between Munich and Reichenhall. Through tickets at Messrs. Thos. Cook & Son.—Post and Telegraph Office.—Prospectus is sent gratis and post free on application to the Kgl. Bad-Commissariat at Reichenhall, or to The Spas' Association, 40, Chancery Lane, London, W.C.

ST. ZENO, REICHENHALL.

Kur=Establishment and Hotel 'Lilienbad.'

This Establishment is situated on the 'Königsweg,' within five minutes of the Kurgarten and the station of Reichenhall, in the healthiest and best position of the town, and immediately adjoins the forest and the principal promenade.

It contains a most comfortably appointed inhalatorium, with the latest apparatuses on the Quehl and Dr. Clarer system, Russian and Roman-Irish vapour baths, hydrotherapeutic arrangements for ladies and gentlemen, every kind of ordinary and medicinal bath.

No treatment is carried on unless prescribed by one of the resident physicians.

There are 60 elegant rooms fitted with every comfort and convenience. Each of the rooms has a balcony, and commands a most delightful view of the mountains.

Magnificent dining-hall, billiards, glass-covered verandah, shady garden, reading-rooms, etc.

First-class Vienna and French cuisine, pure wines, Munich beer on draught and bottled. *Table d'hôte*, 1 o'clock.

Reduced tariff from 15th May to the end of June and during September.

Carriages in the house. Omnibus at the Station.

Any further particulars on application to the 'Direction.'

Adolf Wilcke's Inhalatorium.

REICHENHALL.

This Inhalatorium, the largest to be found at Reichenhall, is fitted with 54 apparatuses on the Jahr system, a system recognised as most efficient by eminent medical authorities; there is also a gargling chamber.

The special qualifications of this system are: the inhalations can be done individually, the temperature can be regulated, any drug can be inhaled, and inhalations through mouth and nose are separated.

Special indications: Diseases of the nose and throat.

Kur=Establishment 'Thalfried.'

REICHENHALL.

Pneumatic chambers for 32 persons.

Baths in compressed air,

the best approved remedy for asthma, chronic bronchitis, emphysema, pleuritic exudations, chlorosis, etc.

This Establishment is under the permanent medical control of Dr. Georg Cornet, Professor at the University of Berlin.

Prospectus on application to the proprietor—

M. GRUNDNER.

REICHENHALL. BAVARIAN ALPS.

Kirchberg Bath.

Kirchberg, an extensive Kur-Establishment, has a quiet and sheltered position.

Milk and whey cure, soole-, mother lye-, and pine-baths, as well as sool- and pine-inhalations, can be obtained.

Large garden immediately adjoining a wood, with beautiful walks.

The Reichenhall orchestra plays twice a week.

Resident Physician.

Season: May to October.

Omnibus at the station.

Prospectus on application to the 'Direction.'

Bavarian Gmain, near Reichenhall.

CLIMATIC AIR STATION.

Gmain is a station on the Reichenhall-Berchtesgaden Railway, 1 mile from Reichenhall.

The '**Hotel am Forst**' is beautifully situated in a healthy and well-sheltered district. It commands a splendid view of the mountains and is the centre of most delightful excursions and charming walks.

Supply of pure spring water.

The rooms in this hotel are most comfortably appointed, many of them having balconies. There is also a covered verandah, and convenient arrangements for baths, etc.

Moderate and inclusive tariff, '*en pension*.'

Vienna cuisine. Good attendance.

For prospectus apply to the proprietor:—G. LAUTENBACHER.

Rigi-Scheidegg.

LAKE OF LUCERNE, SWITZERLAND.

Route : London—Lucerne—Vitznau—Scheidegg.

Topography : The Hotel and Pension Rigi-Scheidegg stands on a plateau of the Rigi, 5,412 feet above the sea level and 3,896 feet above the level of the Lake of Lucerne. The place commands magnificent views, and is surmounted in the west, north-west, and north by the Dossen, Rothstock, and Kulm. It is the quietest of the favourite Rigi-centres, and, for this reason, particularly suited for those who require rest and recreation.

Climate : The climate is that of the higher Alpine altitudes. Its principal qualifications are : reduced pressure and lower temperature on the one hand, on the other, a higher degree of dryness and a larger amount of ozone in the air, which all combine to produce an invigorating effect on all important vital functions, *e.g.*, respiration, circulation, and metabolism.—The sanitation, recently re-arranged, is on an improved and perfect system.

Curative means : The tonic mountain air, a ferruginous mineral water, every kind of bath and douche, conducted under most modern and complete systems, electricity, massage, gymnastics, dietetic treatment, milk- and grape-cure.

Special indications : Anæmia and chlorosis, disturbances of menstruation, chronic female complaints, physical and mental overwork, irritability of the nervous system, neurasthenia, hypochondriasis, sexual affections, mercurialismus. Convalescents and those subject to malaria, as well as Europeans living in southern countries, derive great benefit by a stay at Rigi-Scheidegg. Weak constitutions are hardened by the climate, coupled with judicious bathing treatment ; obesity, if not combined with valvular defect, is speedily reduced.

Resident Physician : Dr. C. Dannegger (20th June to 15th Sept.).

Divine Service : English Church services are held.

Season : 15th June to October. Pension-terms from 8 frs. upwards.

For prospectus (gratis and franco) apply to the proprietor, DR. R. STIERLIN-HAUSER, or to The Spas' Association, 40, Chancery Lane, London, W.C.

Rippoldsau.

BADEN BLACK FOREST, GERMANY.

Mineral and Mud Baths.

Route : London—Strassburg—Offenburg—Hausach—Wolfach—Rippoldsau.

Topography and Climate : Rippoldsau is situated in a romantic valley of the Baden Black Forest, at the south-eastern foot of the Kniebis, 1,870 feet above sea level. Owing to the altitude of the locality, the climate is of an invigorating, yet not rough, mountainous nature. The well-sheltered position of the place and the proximity of woods render the air pure and rich in ozone.

Curative means : Four chalybeate springs, the Joseph-, Wenzel-, Leopold-, and Bad-Quelle, which all contain a considerable amount of carbonic acid, carbonate of iron, sulphate of sodium, and carbonate of lime ; mud-baths, prepared of Franzensbad moor-earth and chalybeate water containing a high percentage of carbonic acid ; also pine and electric baths, hydropathy, electricity, massage, gymnastics, whey, kefir, etc.

Special indications : Anæmia, chlorosis, dysmenorrhœa, amenorrhœa, old para- and perimetric, gouty, and rheumatic exudations, neurasthenia if not too far advanced.

Resident Physician : Dr. Martin Siegfried.

Season : 15th May to 1st October.

The **Kur-Establishments**, which immediately adjoin the most magnificent pine woods and an avenue of old lime trees, contain a large dining-room, reading, refreshment, billiard, and drawing-rooms. Modern sanitary arrangements. Full board, 6 Marks ; room from 2 Marks ; private sitting-room from 10 Marks.

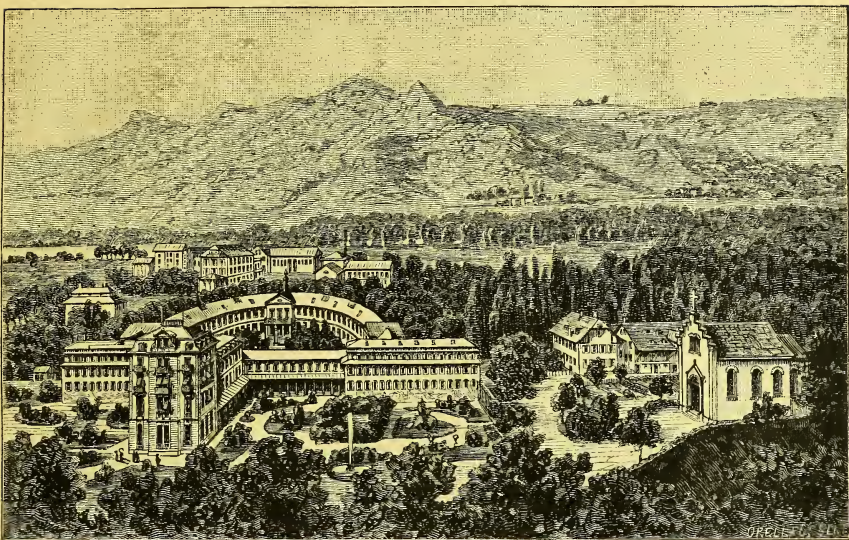
Entertainments : Concerts, lawn-tennis, croquet, shooting, fishing, excursions.

Divine Service : English services are held.

Rippoldsau is reached from Wolfach Station by a 2 $\frac{3}{4}$ hours' drive.—Post and telegraph. Prospectus on application to the proprietor, OTTO GOERINGER, or to The Spas' Association, 40, Chancery Lane, London, W.C.

Schinznach.

Sulphur Bath in the Canton of Aargovie, Switzerland.



Route : London — Bâle — Olten — Aarau — Schinznach ; or London — Bâle — Bötzingen — Brugg — Schinznach.

Situation.—Schinznach is situated 1,125 feet above sea level, on the bank of the fast-flowing Aar, at the foot of the Wülpselsberg, on the summit of which may still be seen the ruins of 'Habsburg Castle,' the cradle of the Imperial Family of Austria.

History tells that formerly the spring was situated on the left bank of the Aar, and belonged to the village of Schinznach, from which village the present establishment has derived its name.—After 22 years' disappearance, caused by an overflow of the river, Jenner, the architect, re-discovered the spring on a small island which had formed in the middle of the river. At great expense, the course of the latter was deviated, and the well was protected by means of dykes against any future encroachment of the Aar.

The neighbourhood of Schinznach is very interesting and rich in historical reminiscences. From Habsburg Castle, there is a magnificent and extensive view ; at the visitor's feet stretch the green and picturesque valleys of the Aar, the Reuss, and the Limmat, reaching as far as the Rhine ; while in the background the chain of the snow-covered Alps may be seen. The hills around are surmounted by ruins of old châteaux, some of which are still occupied by their owners or converted into public buildings.

The Climate of Schinznach is excellent, especially during the summer, when the surrounding forests render it deliciously cool, the flowing river constantly renewing and refreshing the air. There are no abrupt changes of temperature, and being sheltered by high mountains, the place is free from dust and wind. The mean summer temperature is 67° Fahr., and it is only in autumn and early morning that occasional mists occur, which, however, quickly vanish as the sun first appears.

Curative means: Out of the numerous *analyses* of the Schinznach spring, which yields no less than 220 gallons per minute of a temperature of 91.4° Fahr., we annex that of Monsieur Grandeau :

One litre of the water contains :

Gaseous matters (1 inch = 16.386 c.c.)

Sulphuretted Hydrogen Gas 37.8 c.c. | Carbonic Acid Gas ... 90.8 c.c.

Nitrogen 00.0 c.c.

SOLID MATTERS.

	Grammes.	Grains.		Grammes.	Grains.
Carbonate of Lime	0.250	3.860	Alumina	0.010	154
Carbonate of Magnesia ..	0.120	1.851	Chloride of Sodium ..	0.585	9.026
Sesquioxide of Iron	0.005	77	Chloride of Potassium ..	0.086	1.327
Silica	0.011	169	Sulphuret of Calcium..	0.008	123
Sulphate of Lime	1.091	16.834			

This analysis shows that the Schinznach water belongs to the sulphurous and calcareous group, associated with chloride of sodium; moreover, the quantity of sulphuretted hydrogen exceeds that contained in any similar water. The Schinznach spring, therefore, takes the foremost rank of all the sulphur waters of Europe.

The Schinznach water is used in the first place for baths and every kind of douche, and it is only fair to say that the bathing arrangements at Schinznach are second to none. The baths are made of porcelain, and are very spacious, the rooms most comfortable, scrupulous cleanliness being observed in every detail. By special arrangement, the air charged with sulphuretted hydrogen gas is constantly removed and renewed. The baths are taken at the almost natural temperature of 89.6° to 91.4° Fahr., and in many places an addition of soole to the Schinznach water in an appropriate proportion is made with the result that most wonderful cures are effected. The water is further used for drinking purposes, thus greatly increasing the actions produced by the baths. Especially has it been proved beneficial to take half-a-tumbler of Schinznach water morning and evening as an "after-treatment," when the patient has finished his course at Schinznach.

A special establishment is there for fresh water, sool, vapour, and electric baths, and perfect apparatuses have been provided for administering douches and hydrotherapeutics. In suitable cases massage is applied by trained attendants.

An unique feature of Schinznach is the so-called "*Atmiatrie*" (from "atmos"-vapour and "iatria"-cure), which is connected with the hotel and baths by covered passages, thus preventing the patient going to and fro from being exposed to any draught or sudden change of temperature. This *Atmiatrie* consists of a building containing Inhalation Chambers, some of which are of a novel and ingeniously contrived system.

One chamber is fitted up with apparatuses necessary for nasal and naso-pharyngeal douches and for gargling, so serviceable in the treatment of affections of the nasal and naso-pharyngeal passages.

A second chamber contains 28 apparatuses of particular construction, into which the water is pumped at a temperature of 79° Fahr., the vapour thus produced having a temperature of 64° Fahr.

In a third chamber, the vapourisation of the sulphur water is effected by two large apparatuses hanging from the ceiling, while in a fourth the warm mineral water rises in the centre of the room in the form of a fountain, from which the vapour and gases of the water are diffused throughout the room.

Every facility is also afforded for a "Milk" or "Kefir-Kur," about twenty cows of the best Swiss breed being kept for that purpose.

In many cases the iodurated and bromurated water of Wildegge—about 2½ miles distant—is taken at Schinznach. This water contains 201.34 grains of solid matter per litre, and amongst other active ingredients 0.123 grains of bromine, and 0.462 grains of iodine.

Special indications: *A.* Amongst the varied maladies for which the waters of Schinznach are prescribed, affections of the skin take the most prominent place. If the term "specific" be too strong an one to use within truthful limits, we may unhesitatingly associate another one—"elective affinity"—which more than aptly applies to the relations this water bears to skin lesions. It is on this account that cases of eczema are frequently sent here, as that disease seems specially to be acted upon. But all affections of the epidermis, whether vesicular, pustular, papular, or squamous, seem to be directly benefitted by its use; superficial dermatoses, whether their presence is due to nervous disorder, or to an inflammatory action located in the skin itself, are relieved or cured by its action, and this, too, after the so-called orthodox remedies found in the pharmacopœia have failed to do good. The Schinznach waters have cured cases of chronic pruritus, prurigo, and similarly painful lesions, and thus given proof that in them exists a "persuasive element" of incalculable value.

B. Catarrhal affections of the mucous membranes (rhinitis, laryngitis, pharyngitis, and female diseases).

C. Tuberculous affections:

- (a) Of the respiratory passages, in their early stages.
- (b) Diseases of the bones (caries and necrosis); lupus;
- (c) Scrofula.

D. Rheumatism.

E. Nervous diseases.

F. Habitual poisoning (lead, copper, quicksilver), and syphilis.

Contra-indications: Organic heart-diseases, atheroma, vasomotor disorders of central origin, cachexia, and advanced stages of tuberculosis.—Pregnancy is no contra-indication.

The **Establishment** comprises an extensive group of magnificent buildings, which are separated from each other by well-kept gardens and lawns, and surrounded by forest, meadows, and the river Aar. A fresh water spring, yielding 9 gallons per minute, furnishes a delicious water for household purposes. There are two different establishments, the "Neubad" (new bath) and the "Altbad" (old bath), containing altogether 230 available rooms, well-appointed, and able to accommodate 350 persons.

Season: 15th May to the end of September.

Doctors: Dr. von Tymowski, resident physician (winter in Nice); Dr. G. Amsler, Dr. Hemmann.

Entertainments: Music, balls, drawing- and reading-rooms, billiards, walks, excursions by road and rail, lawn tennis, etc.

Divine Service: English service is regularly held by a clergyman of the Colonial and Continental Church Society of London, in a newly-built chapel.

Tariff: Board: in the Neubad 8 frs. per day, children, 6 frs.; in the Altbad 5 frs.; servants 5 frs. Reduced prices for large families. Rooms: in the Neubad, room with single bed, 2-5 frs., double bed, 4-10 frs.; private sitting room, 10-15 frs.; Altbad, room with single bed, 1-2 frs., double bed, 3 frs.

Baths (including towels, &c.): Neubad, 2 frs.; Altbad, 1 fr. (children half price); fresh water and sool bath, 1 fr. (with addition of 5 cents per litre of soole); electric bath, 2 frs.; inhalations, 1 fr.; douche, 1-1.50 frs.; vapour bath, with douche, 3.50 frs.

The Establishment is situated close to Schinznach Station (Swiss North-east Railway), 2½ hours' rail from Bâle, and 1 hour's rail from Zürich. The place is reached from London in about 24 hours.

Post, Telegraph, and Telephone.—Telegraphic address: Direction, Schinznachbad.

For free prospectus, and any further particulars, apply to

HANS AMSLER, Managing Director,

or to The Spas' Association, 40, Chancery Lane, London, W.C.

Schluchsee.

BADEN BLACK FOREST, GERMANY.

Route : London—Freiburg i/B.—Titisee—Schluchsee.

Topography : Schluchsee, 3,173 feet above sea level, in the southern part of the Baden Black Forest, stands surrounded by magnificent scenery, within five minutes' distance of the lake which bears the same name, and which being three miles in length and $1\frac{1}{4}$ miles in breadth presents a welcome opportunity for fishing, boating, and bathing. The district is hilly, but without steep inclines, and beautiful woods adjoin the locality. Numerous well-kept roads, with sign posts indicating the distance, as well as a good many seats and huts for shelter, serve for the convenience of even the most fastidious visitor. A prospect over the Alps (view of the Jungfrau) can be obtained by a 15 minutes' walk, whilst a grand Alpine panorama is within $2\frac{1}{2}$ miles' distance. A great variety of interesting and picturesque spots is within easy access of those who are fond of longer excursions.

Climate : The climate is that peculiar to the medium altitude. It stimulates the vital functions, but in a less rigid manner than is the case at the highest elevations.

Special indications : Schluchsee does not suit those constitutions whose resisting power has been lowered by one way or the other, nor is it indicated in cases of advancing inflammatory processes of the respiratory organs or serious organic affections of the heart and large vessels. On the other hand, it is beneficial to those who require general invigoration together with rest and quiet. Such cases are: mental and physical depression from overwork, debility of constitution, anæmia, phthisical tendency, disorders of digestion, morbus Basedowii, chronic affections of the respiratory tract, scrofula, nervous diseases, asthma, and sequelæ of malaria. The effect of a stay at Schluchsee is particularly satisfactory to convalescents from pneumonia and pneumonic and pleuritic exudations and to nervous invalids. On account of its topographical and climatical conditions, the place is especially fit for the Oertel-treatment ('Terrain-Kur') of disturbances of metabolism and circulation. The roads, running for miles through wood only, are of every degree of incline, thus facilitating methodical exercises of lungs and heart. Lastly, Schluchsee is a first class intermediary station for those going to or coming from higher altitudes. Hydro- and electrotherapeutic treatment, under supervision of the resident physician, assist the climatic action in suitable cases. Milk, whey, kumys, kefir cure.

Accommodation : There is no lack of accommodation at Schluchsee. Besides a number of well-appointed private houses, the **Hotel and Pension 'Zum Sternen'** of Mr. A. Hilss is the most popular resort of visitors. It was considerably enlarged in 1886 and again in 1890, and is now supplemented with every modern comfort, luxury, and convenience. It contains a number of spacious bedrooms to accommodate 100 visitors, a large dining room for 250 persons, smoking, reading, and sitting rooms. The cuisine is excellent, the tariff moderate.

The accommodation of the private houses comprises 90 beds, which are let by Mr. A. Hilss.

Entertainments : Boating on the lake, also fishing and shooting, which is willingly permitted to the visitors of the hotel on application to the proprietor, excursions (carriages in the house), etc.

Resident Physician at the Hotel.

Schluchsee communicates by diligence with the stations of Titisee (10 miles), Albruck (20 miles), Thiengen, Donaueschingen.—Post and telegraph.

PROPRIETOR, A. HILSS.

Prospectus and any further particulars may be obtained of The Spas' Association, 40, Chancery Lane, London, W.C.

Sonnenberg on the Seelisberg.

LAKE OF LUCERNE, SWITZERLAND.

Sonnenberg is situated 2,770 above sea level at the most southern part of the Lake of Lucerne. The climate is unusually mild, but none the less bracing.

Special indications: 'Malaise,' the result of sedentary occupation or prolonged mental strain; the impaired constitutional state brought about by residence in the tropics or malarious districts, etc. First-class intermediary station from and to the higher altitudes. **Curative means:** Pure mountain air, baths and douches of every kind, bathing in the lake, pneumatic chamber (Geigel's double ventilator), massage, electricity. Kur-Orchestra. **English Church** service.

The **Grand Hotel Kurhaus**, a first-class hotel, accommodates 400 visitors. Season: May to October. Postal service four times daily to Treib (steamboat station). Resident physician: Dr. Heusser. Proprietor: M. Truttmann.

Splügen.

Canton of Grisons, Switzerland, 4,789 feet above sea level, climatic health resort, located at the junction of the Splügen- and Bernhardiner- Passes. Wonderful view of mountains, glaciers, waterfalls. Shady promenades through woods immediately adjoining the village. Charming excursions by walk, ride, or drive. Mountain- and glacier-tours to Tambahorn, Rheinwaldhorn, Rhein-springs, etc. Good fishing.—Pure, dry air, free from dust; absence of fog; excellent spring water.—Splendid ground for botanists.—Daily postal service to Coire, Chiavenna, Bellinzona. Telegraph.—Protestant and English Church services.—English, French, German, and Italian speaking servants at the Hotels.—Season: 1st July to 15th September.—For further particulars apply to Casper Trepp, Hotel Bodenhäus; or Georg Trepp, Hotel Splügen; or the Resident Physician, Dr. Fräfel.

Stachelberg.

CANTON GLARUS, SWITZERLAND.

Alkaline Sulphur-Water. Climatic Health Resort.

Route: London—Zurich—Linthal—Stachelberg.

Topography: Stachelberg is situated 4,178 feet above sea level, in one of the most picturesque valleys of Switzerland. It commands a magnificent view of the mountains and glaciers of the Tödi group, and is a very convenient centre for most charming mountain excursions and Alpine tours.

Climate: The climate is tonic, the air bracing, pure, and free from dust.

Curative means: The alkaline sulphur-water is used for drinking, bathing, and inhalation purposes (inhalatorium on the Wassmuth system); there are also available: hydrotherapeutics, every kind of artificial bath, douches, milk, mineral waters, soles, etc.

The sulphur water, rising in a grotto half-hour above Stachelberg, has a temperature of 46.4° Fahr., and a specific gravity of 1.00093. According to the analysis of Dr. Timmler, 1 litre of the water contains:

Free sulphuretted hydrogen	...	0.0022	Bicarbonate of lime	...	0.1041
Sulphhydrate of sodium	...	0.0686	Bicarbonate of magnesia	...	0.2323
Sulphhydrate of lime	...	0.0305	Bicarbonate of lithium	...	0.0051
Hyposulphite of sodium	...	0.0169	Aluminium phosphate	...	0.0046
Sulphate of sodium	...	0.1438	Aluminium silicate	...	0.0123
Sulphate of potassium	...	0.0042	Organic matter	...	0.0838
Chloride of sodium	...	0.0056			

Gaseous matters:—Free carbonic acid... 0.0872

Semi-bound carbonic acid 0.1136

Nitrogen 0.0201

The small specific gravity and the absence of Ca SO_4 render the Stachelberg Water the most palatable and most digestible sulphur water.

Special indications: Experience has proved that the Stachelberg Water principally acts on :

1. Chronic catarrh of the respiratory organs (inhalation treatment) ;
2. Chronic catarrh of the digestive canal (liver and bile ducts) ;
3. Chronic catarrhal affections of the bladder, uterus, and vagina ;
4. Various chronic skin diseases and old ulcers ;
5. All forms of scrofula, and affections due to it ;
6. Rheumatism and gout ;
7. Various nervous diseases and certain forms of paralysis ;
8. Lead and quicksilver poisoning.

Owing to its semi-mountainous position, to the absence of dust, to the perfect shelter from all winds, and to its many comforts, Stachelberg is a particularly convenient place for convalescents of every description ; for the same reasons it is a first-rate intermediate station for those going to or coming from higher altitudes.

The '**Kurhaus**' contains a sufficient number of bed- and sitting-rooms, a magnificent dining-room capable of seating 300 guests, ladies' drawing-room, dancing-, refreshment-, and billiard rooms.

An extensive park and lawn tennis grounds give opportunity for healthy recreation.

Tariff: 7—12 frs. per day (inclusive terms) according to table d'hôte, room, etc. During May and June, and from September to the end of the season, the tariff is reduced.

Divine service: Protestant and Roman Catholic services in the village of Linthal. English services (during August) in the Hotel.

Superintending Physician : Dr. Schœnemann.

F. GLARNER, PROPRIETOR.

St. Beatenberg.

BERNESE OBERLAND, SWITZERLAND.

Route: London—Thun or Interlaken—Beatenbucht—Bergstation (St. Beatenberg).

Topography: St. Beatenberg is a mountain village, 3,772 feet above sea level, situated on a terrace of over two miles in length, above the northern borders of the Lake of Thun. Whilst the locality is completely sheltered from the north and north-east by a chain of mountains, rising 2,624 feet above it, a free and open view is afforded towards south-east, south, and south-west, presenting a magnificent panorama of the Lake of Thun and the Bernese Alps, viz. : Faulhorn-chain, Wetterhörner, Schreckhörner, Finsterarhorn, Eiger, Mönch, Jungfrau, Breithorn, Blümlisalp, Doldenhorn, Balmhorn, Altels, Rinderhorn, Wildhorn.

Climate: The eminent Swiss balneologist, Dr. Gsell-Fels, says about St. Beatenberg : "Considering the altitude, the climate is mild, and distinguished by a comparatively small range of temperature, and an insignificant fluctuation of the relative humidity ; the air is of a tonic, mountainous nature, without any extreme propensities ; the yearly range of temperature is a medium one."

St. Beatenberg is eminent for the unusually varied and plentiful vegetation, which it owes to its favourable meteorological conditions. The adjoining pine- and beech-woods, as well as the maple- and lime-tree-avenues lining streets and promenades, abound in foliage, giving plenty of shade ; the terraces and gardens of the hotels are profuse with floral beauty, and even the orchards grow ripe fruits.

According to observations made by the official Meteorological Station at St. Beatenberg, the mean temperature is :—

	APRIL.	MAY.	JUNE.	JULY.	AUGUST.	SEPTEMBER.	OCTOBER.
7 a.m.	41°79	55°26	55°26	65°21	59°54	57°06	42°26
1 p.m.	52°54	66°29	65°99	75°74	69°71	67°55	50°09
9 p.m.	41°20	53°96	54°83	64°08	59°27	57°69	42°91

Curative means: Mild, tonic mountain climate; milk cure; mineral water cures under medical supervision; baths and douches.

Special indications: St. Beatenberg is a first-class resort for those who need a change of air and scenery; it is also favoured by people subject to or threatened by pulmonar affections. On account of the easy access, and the horizontal nature of the locality, it suits especially debilitated and elderly persons; nevertheless, walks of every degree of ascent and of every extent can be taken.

Doctors: Dr. Albert Müller (resides at St. Beatenberg throughout the year); during the summer season, a few more doctors, some of whom speak English, stay here.

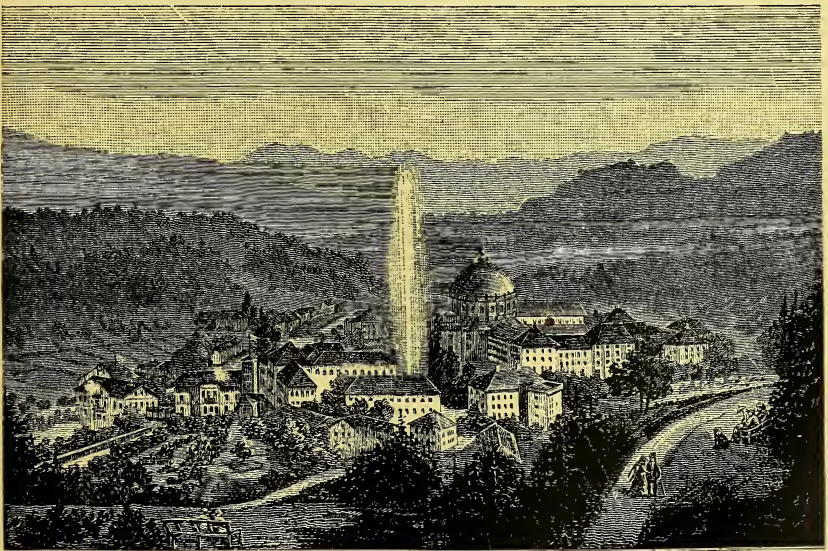
Season: Mid-April to the end of October; also used as a winter station.

Divine service: English, Protestant, and Roman Catholic services at the place itself.

Accommodation: Kurhaus B* 150 P* 7—12 Frs.; Beatrice B 38 P 5—7 Frs.; Blümlisalp B 40 P 6—9 Frs.; Waldraud B 70 P 7—12 Frs.; Victoria B 180 P 7—14 Frs.; Post B 100 P 7—10 Frs.; Bellevue B 130 P 7—10 Frs.; Silberhorn B 35 P 7—9 Frs.; Alpenrose B 130 P 7—10 Frs.; Des Alpes B 55 P 6—8 Frs.

Access: From Thun or Interlaken (stations) by steamboat to Beatenbucht, from where it takes 15 minutes (by Cable Railway) to Bergstation (St. Beatenberg). The place can also be reached direct from Interlaken by carriage (2½ hours' drive).

* B=beds, P=pension (inclusive terms).



St. Blasien.

BADEN BLACK FOREST, GERMANY.

Route: London—Freiburg i/B.—Titisee—St. Blasien.

Topography and Climate: St. Blasien, of which George Eliot writes:

"A delicious spot where the air is fit for the gods of Epicurus,"* is situated in one of the most beautiful districts of the picturesque Alb-valley. It has an altitude of 2,534 feet above sea level, and stands near the Feldberg, the highest peak of the Black Forest. Formerly a Benedictine Abbey—with well-preserved domed Church—it has now developed into a climatic and 'Terrain-Kur'-station, being, at the same time, a favourite summer resort. The climate, though bracing and tonic owing to the altitude, is still of a mild nature, and to such an extent that St. Blasien has a recognised place among the German winter resorts. Innumerable and splendidly kept foot-paths extend for a distance of many miles through the finest pine-forests, over 400 seats and a number of huts providing appreciated opportunity for rest and shelter, whilst brooks, cascades, and Alpine panoramas give to the scenery an ever attractive picturesqueness.

Special indications: Nervous diseases, diseases of the respiratory organs, disturbances of circulation, chronic female complaints, constitutional anomalies, convalescence, etc.

Kur-Establishments: (1) *Hydropathic Establishment of the 'Hotel and Kurhaus St. Blasien,'* fitted up on the latest system; separate departments for ladies and for gentlemen; mud-, electric, medicated, etc., baths, every kind of douche.—Superintending Physician: Dr. Determann; two assistants. (2) *Dr. Haufe's Sanatorium* with douche- and bath-house. Proprietor: Dr. Sander.

There are also practising at St. Blasien: Dr. Baader, Dr. Wintermantel.

Entertainments: St. Blasien combines the charms of natural scenery with those of good society. Their R.R.H.H. the Grand Duke and Grand Duchess of Baden frequently honour the place with their presence.—Concerts twice daily. Excellent shooting (woodcock and deer) and trout-fishing.

Hotels: Hotel and Kurhaus St. Blasien (first-class).—'Krone.'—'Hirsch.'

Private Rooms (with board): Rittmeister, Schmidt, Malzacher.

Divine Service: English Church services are held.

St. Blasien is reached from Titisee (Freiburg i/B—Neustadt line) or Albruck (Bale—Constance line) by carriage (which should be ordered in advance) or by diligence.

Prospectus of The Spas' Association, 40, Chancery Lane, London, W.C.

*"We have done exploits in walking, usually taking four or five hours of it daily."—George Eliot's *Life*, arranged and edited by her husband, J. W. Cross. Leipzig, Tauchnitz, 1885. Vol. IV., p. 173.

Sanatorium 'St. Blasien' (2,624 feet above sea level).

Institution for Diseases of the Lungs.

The Sanatorium 'St. Blasien,' founded in 1881 by Dr. Haufe, is under the medical superintendence and the residential management of Dr. Albert Sander, its present proprietor. The topographical and climatical qualifications, as well as the domestic arrangements, are such as, according to theoretical research and practical experience, have proved the most effectual in cases of pulmonary diseases.

The Establishment stands on elevated ground somewhat above the village, in the most beautiful spot of the district, and is completely sheltered from the north and east. It immediately adjoins an extensive pine wood, and commands a magnificent view of the Alb valley, noted for its charming scenery. Proportionate to its elevation (2,624 feet above sea level) the climate is similar to that of the Alpine centres (low degree of humidity, large amount of sunshine, rarefied air), though being less bracing. The air is absolutely pure and free from dust. For these reasons, winter cures show the same, if not more, satisfactory results, as do summer cures.

All the internal arrangements of the Institution, such as heating, ventilation, electric light, drainage, steam disinfection, etc., are on the most approved system; and in strictest accordance with the rules of modern hygiene. The public, as well as the private rooms, are all replete with every comfort.

The treatment is carried through on hygienic and dietetic principles. First of all, the 'Freiluftkur' (free air cure) is practised either by resting in the reclining chairs placed on the covered verandahs, and at the 'Liegehalle' (reclining room), a structure built entirely of iron and glass, or by methodical walking and mountain climbing. Amongst other remedial agents may be enumerated: plenty of nourishing food and a judicious use of hydropathic appliances carefully adapted to the individual case.

Owing to the method of treatment adopted, the yearly records show a high percentage of complete and permanent cures.

The tariff is moderate and inclusive: full board, room, physicians' consultation, baths, frictions, douches, attendance 9.50 Marks per day.

Access: The nearest stations are Albbbruck (Frankfort o/M.—Bale—Constance line) or Titisee (Freiburg i/B—Neustadt line). Post and Telegraph at St. Blasien.

Prospectus on application to the Superintending Physician, Dr. ALBERT SANDER.

St. Moritz. GRISONS, ENGADINE, SWITZERLAND.

Route: London—Bâle—Coire or Davos Platz—St. Moritz.

St. Moritz Bad, 5,800 feet above the sea level, is located on one of the highest plateaux of the Engadine. Mean temperature during season is 51° Fahr., relat. humidity of the air 73.5%, average barometr. reading 23.97 in.; rain falls about 100 days in the year. There is a cold effervescent chalybeate water, and a most complete system of hydropathy is carried on; but the mountain air, the constant whirl of gaiety and amusement, and the picturesque locality have perhaps more to do with the popularity the place enjoys than has the cure.

English Church services. Season: 15th June to 15th September.

St. Moritz Dorf, about 200 feet higher, is celebrated as a winter station for those affected with phthisis and allied pulmonary affections, and especially for cases in the early stage, which have no material complications.

Physician: Dr. Holland, who is in residence at the Kulm Hotel all the year round.

Teinach.

WÜRTTEMBERG BLACK FOREST, GERMANY.

Route: London—Karlsruhe—Pforzheim—Teinach (or Stuttgart—Teinach).

Topography: Teinach, which has been a centre for patients, as well as for tourists, for upwards of 500 years, was built up in its present form by the Royal Government of Württemberg. The establishments, however, were completely re-fitted and re-furnished by the late and especially by the present owner. The locality is situated at an elevation of 1,312 feet above sea-level, in a charming valley of the Black Forest, through which the Teinach, a trout-stream, runs. One of the surrounding mountains is crowned by the romantic ruin of Zavelstein Castle.—The sandstone formation of the district, besides furnishing an exquisitely fresh and pure water, keeps the roads dry, so that walks through the adjacent pine woods can be taken almost at every time.

Climate: The air is absolutely free from smoke and dust. Neither stagnant waters nor any other causes give rise to a deterioration of the atmosphere, whilst, on the other hand, the proximity of the forest and the shelter from wind, contribute to the producing of a refreshing and invigorating summer climate. As cool nights occasionally occur, warm clothing is indispensable.

Curative means: Hydropathic establishment, fitted with every kind of bathing and douching appliance, dietetic and milk cure, electricity, gymnastics, massage, establishment for mineral baths of chalybeate water, charged with carbonic acid, also pine- and salt-baths, etc.—(One litre of the various springs contains from 59 to 1,538 ccmtr. of carbonic acid.)—'Terrain-Kur.'

The Hirsquelle has a high reputation as a table water, and is shipped in considerable quantities.

Special indications: Anæmia, exhaustion, atony, chlorosis, cutaneous debility, catarrh of the mucous membranes, phthisis incipiens (florida or torpida), residua of inflammations, rheumatism, many disorders of digestion, formation of

calculi, inveterated lues, female diseases (if due to the afore-mentioned conditions), and especially nervous diseases. Suitable 'Nachkur' (after-treatment) after thermal baths or other exerting cures; intermediary station between mountain centres and southern resorts.

Resident Physician: Dr. W. Wurm, R. Aulic Councillor.—Druggist.

Accommodation: **Bath-Hotel**, completely refurbished, first-class hotel, contains 300 beds, electric-light throughout, and water supply. Tariff:—room from 2—3 Marks, private sitting-room from 10 Marks, full board 5 Marks.—Total for guests using the water-cure:—75 Marks per week (inclusive of the daily medical consultation). Also three plain hotels and a number of private apartments are open to visitors.

Kurtax: 10 Marks each (two children are counted as one grown-up person, likewise servants). Reduction 1st May to 20th June, and after the 6th September. Fresh water bath 75 pfennig to 1.25 Mark, mineral bath 1 to 1.50 Mark, pine bath 1.80 Mark, &c.

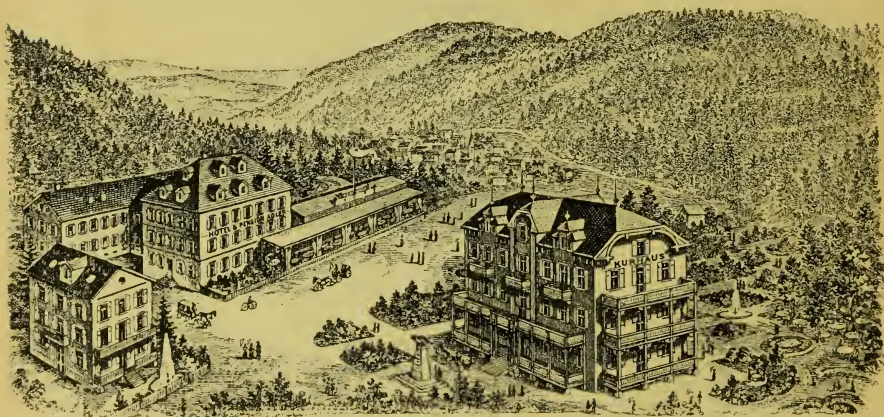
Entertainments: Orchestra, library, reading, music, and billiard rooms, ninepins, rifle ranges, lawn tennis, bazaar, shooting, and excellent trout fishing, variety of delightful walks and excursions. The newly constructed road to Wildbad (1½ hours' drive) will be open from June, 1896.

Divine Service: Protestant and Roman Catholic services.

Access: Teinach is a station on the Stuttgart-Calw-Horb and the Pforzheim-Horb-Zurich-Gothard lines, 1 hour from Pforzheim, 2 hours from Stuttgart. Omnibuses and carriages at the station. Post, telegraph, and telephone in the Bath Hotel.

LUDWIG BAUER, Proprietor.

For any further particulars and prospectus, apply to The Spas' Association, 40, Chancery Lane, London, W.C.



Todtmoos.

BADEN BLACK FOREST, GERMANY.

Route: London—Strassburg—Freiburg i/B.—Todtmoos.

Topography: Todtmoos, in the southern part of the Baden Black Forest, 2,950 feet above sea level, is most picturesquely situated in an open valley. The locality is thoroughly sheltered from the North, and is closely surrounded by magnificent and well preserved pine and beech woods.

Climate and Special indications: The climate of Todtmoos combines all the advantages of a forest and a mountain air, and, for this reason, has a remarkably beneficent effect on those who suffer from any kind of nervous affection, from

debilitated constitution, overwork, consumptive tendency, asthma, liver complaint, or chronic dyspepsia ; it also acts especially successfully on convalescents.

Curative means: Pure tonic mountain air ; pine, mud, salt, and brine baths ; gymnasium ; methodical walking and mountain climbing.

Resident Physician: Dr. Paul.

Accommodation: The **Hotel and Pension Adler**, with its extensive terraces and pleasure grounds, contains every comfort and perfect sanitary arrangements. Post and Telegraph on the premises. J. WIRTHLE, Proprietor.

For further particulars and prospectus, apply to The Spas' Association, 40, Chancery Lane, London, W.C.

Venice.

PROVINCE OF VENETIA, ITALY.

Climatic Winter Station.

Route: London—Lucerne—Milan—Venice.

Topography: Venice (lat. 45° 27' N., long. 12° 20' E.) situated in the northern part of Italy, on the north-west fringe of the Adriatic (Lagoon), is built on a cluster of islets, and communicates with the Continent by a stone bridge of 2½ miles length. The sea encircles the town entirely, the marks left by the daily tidal fluctuations being a conspicuous proof of this fact.

Climate: The climate of Venice receives its characteristic qualifications through the presence of sea and lagoon. Distinguishing features are an absolute absence of dust, a high barometric pressure, high degree of relative humidity, absolute freedom from obnoxious germs, small range of temperature, moderate air currents.

Meteorological record (according to 40 years observations):

	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	April.
Mean temperature (Fahr.)...	58·94°	46·61°	39·11°	36·75°	40·17°	46·32°	56·08°
Barometric pressure ...	31·33	31·33	29·96	29·98	30·00	29·84	29·88 in
Relative humidity ...	79·25	79·25	79·75	83·90	81·30	76·45	74·95%
Amount of rain ...	3·49	2·82	1·98	1·78	0·88	2·09	1·69 in.

The number of rainy (snowy) days during season is 50; fogs occur but very seldom.

Special indications: A stay at Venice has been proved successful in cases of diseases of the larynx and lungs, also of nervous complaints. Obstinate catarrhs of the larynx and bronchi are frequently cured here without any treatment; people suffering from emphysema feel well under the high atmospheric pressure, whilst the bronchial catarrh associated therewith is beneficially influenced by the warm, humid air. Patients suffering from phthisis soon show an improvement of their troublesome cough, sleep returns, and the nervous restlessness disappears. Certain nervous affections, characterized by sensorial hyperæsthesia, are benefitted by the lack of noise and oscillation as caused by the vehicular traffic of our modern cities. The climate is not suitable for those subject to rheumatism.

Doctors: Dr. A. Kurz, S. Marco, Calle fiubera 951.

Accommodation: **Hotel d'Italie Bauer**, situated near St. Mark's Square on the Grand Canal, and facing the Church of St. Maria Salute, contains 200 rooms and 20 saloons, and is specially patronized by English and American travellers. Post office on the premises.—The splendid Restaurant 'Grunwald' belongs to the same proprietor, Mr. Julius Grunwald.

English Church: Palazzo Contarini San Trovasco.

Bookseller: Mr. Leo. S. Olschki's Old Book Store: St. Mark's Place 71.

Weilbach.

DISTRICT OF WIESBADEN, GERMANY.

Route: London—Castel Mainz or Frankfort o/ Main—Flörsheim—Weilbach.

Situation and Climate: Weilbach, on the southern slopes of the Taunus Mountains, 442 feet above sea level, has an invigorating climate. The park provides a shelter from rough winds and relaxing heat. The air is dry, pure, and bracing.

The Springs and their Indications: 1. The *cold alkaline sulphur spring*, rich in sulphuretted hydrogen gas and carbonate of potassium, of 55°5' Fahr., has an eminently favourable action on catarrh of the pharynx, larynx, air passages, and lungs, especially in chronic cases, on asthma, hæmorrhoids, enlargement of the liver, skin diseases, metallic poisoning and lues. These special indications are based on the fact that the water: (1) slightly irritates the vagus nerve, lowering thus the frequency of the pulse and regulating the circulation of the respiratory organs, (2) promotes metabolism, particularly the secretion of the gall and the urine, (3) has a sedative action on the bowels, 2. The *soda-lithium-spring*, of 53°6' Fahr., containing chiefly carbonate of soda and lithium, is highly efficient in cases of uric diathesis, diseases of the bladder, gastric catarrh, affections of the kidneys, gout and rheumatism, and is taken daily with the best result by a great many people affected in this way.

The '**Kurhaus**' and its adjoining buildings contain dining, music, reading and smoking rooms, rooms for billiards and games, and 120 well-appointed apartments and servants' rooms.

Tariff: apartments from 1·50-4 Marks per day, board (1st class) 4 Marks per day.

The **Bath and Inhalation House** is fitted with 12 well-appointed bath rooms, one large room for the inhalation of sulphuretted hydrogen gas, and another one for the inhalation of pulverized water (cold and warm). There are also all the necessary arrangements for the combined treatment of lues, by baths and inunctions.

The **Kurtax** is 10 Marks; reduction for families.

Season: 15th May to 1st October.

Doctor: Dr. Stern (resides in the Kurhaus—speaks English and French). Weilbach is only 20 minutes distant from Flörsheim, a station on the Taunus Railway. Post and telegraph.

Weissenstein (4,000 feet above sea level).

NEAR SOLOTHURN, SWITZERLAND.

Most magnificent and extensive view of Switzerland. Panorama of the entire chain of Alps, from Santis to Mont Blanc, and of the Vosges and Black Forest Mountains. The climate of Weissenstein is bracing and tonic, and specially indicated in cases of anæmia, chlorosis, nervous affections in their early stage, or convalescence. Contraindications: Chronic pulmonary affections, and organic heart diseases.

Hotel and Pension (about 120 beds), fitted with complete bathing and douching arrangements. Extensive park. Post and telegraph on the premises.

English Church service in the Chapel.

Two-and-a-half hours' drive from Solothurn (Central Railway), three hours' from Münster (Jura Railway). Panorama and prospectus on application to the Proprietor.

Wiesbaden. PROVINCE OF HESSE-NASSAU, GERMANY.

Wiesbaden, has numerous mineral springs—amongst which may be mentioned the Kochbrunnen, Schützenhofquelle, etc., containing excess of chloride of sodium, together with chloride of potassium, also lithium, calcium, bromide and iodide of sodium, and carbonates of lime and magnesia,—and a great many bathing and hydropathic establishments.

Special Indications: Gout, rheumatism, arthritis, diseases of the respiratory tract, catarrh of the stomach and intestines.

Magnificent band, Kursaal and gardens.

Kurtax: 30 Marks for one year. English Church.

Wildbad.

KINGDOM OF WÜRTTEMBERG, GERMANY.

Route : London—Karlsruhe—Pforzheim—Wildbad.

Topography : Wildbad is situated 1410 feet above sea level, in the northern part of the Black Forest, and has a charming position amidst the pine woods and meadows of the picturesque and romantic valley of the Enz.

Climate : The climate of Wildbad has a mountainous character, and is neither too bracing nor relaxing. The average temperature during the five months of the season is :—

MAY.	JUNE.	JULY.	AUGUST.	SEPTEMBER.
53·82° F.	60·89° F.	63·16° F.	62·71° F.	55·96° F.

The atmosphere is the purest possible, and the sanitary conditions are perfect, as the town possesses a complete drainage and an excellent water supply.

Curative means : Thermal baths of 92·97° Fahr. in the large bathing establishment close to the springs, which come under the class of the 'indifferent' waters (Wildbäder), containing in 100,000 parts but 56·632 parts of solid matter; Hot air and vapour baths, electric baths, and Swedish gymnastics in the magnificent, newly-built König-Karls-Bath. Electricity and massage, river baths, and drinking the thermal waters.

Special indications : Chronic rheumatism and gout, nervous disorders, especially those characterized by irritable weakness, all forms of paralysis, especially those due to spinal affections, cramps, neuralgia, and anæsthesia, metallic poisoning, loss of tone after overwork and serious diseases, local and general sequelæ of wounds, chronic affections of the bones and joints, scrofula, rickets, chronic indigestion, catarrh of the air passages, urinary diseases, female complaints.

Doctors : Drs. Haussmann (Sanitäts Rath), Josenhans, de Ponte, Teufel, Weizsäcker.

Entertainments : Good orchestra, drawing and reading rooms, library, theatre, dances, lawn-tennis and croquet, fishing, shooting, etc. Bath chairs and carriages.

Kurtax : 4 Marks for 4 weeks, 12 Marks for a longer stay; reduction for families. Medical men are exempt from this tax.

Divine Service : English services are held in the English Church.

Wildbad has a railway station, and is two hours' by rail, from Karlsruhe.

Post, telegraph, and telephone.—All further particulars and prospectus on application to the K. Badverwaltung or Stadtschultheissenamt (Mayor's office).

Wilhelmshöhe, near Cassel.

Kur and Hydropathic Establishment, Bad Wilhelmshöhe.

This Establishment, situated in the well-known Park of Wilhelmshöhe, is fitted with every comfort. The hydropathic treatment practised here is based on such scientific principles as are the result of long and practical experience, and is always carefully adapted to the individual case. Also treatment by massage, gymnastics, electricity, and special diet, is carried on.

Special Indications : Neurasthenia, gastric and intestinal disorders, mental and physical overwork. Cases of insanity are strictly excluded.

Open throughout the year. Moderate tariff.

For any particulars, apply to the superintendent physician and proprietor,

DR. GREVELER, Sanitary Councillor.

BATH.

Somersetshire, England.

NATURAL HOT MINERAL SPRINGS.



“Kings Bath, showing the rise of the Hot Mineral Springs.”

Route : Bath is reached from Paddington (G. W. Rail.) in about $2\frac{3}{4}$ hours).

THE BATH MINERAL WATERS, used as Baths by the Romans as early as the first Century, flow from three principal springs yielding daily 507,600 gallons at a temperature, where they rise from the earth, of 120° Fahrenheit.

The Analysis of the Waters is thus given by Prof. ATTFIELD :—

<i>Grains per Imp. Gallon.</i>		<i>Grains per Imp. Gallon.</i>	
Carbonate of Calcium	7'8402	Sulphate of Sodium	23'1400
Sulphate of Calcium	94'1080	Sulphate of Potassium... ..	6'7020
Nitrate of Calcium	5'5623	Nitrate of Potassium	1'0540
Carbonate of Magnesium	5'5611	Carbonate of Iron... ..	1'2173
Chloride of Magnesium	15'2433	Silica	2'7061
Chloride of Sodium	15'1555		168'2898

Special Indications: The Waters are beneficial in all forms of gout, sub-acute, chronic, and muscular rheumatism, neuralgia, sciatica, lumbago, certain forms of paralysis, nervous debility, diseases of women, disorders of the digestive system, albuminuria, tropical anæmia, metallic poisoning, eczema, lepra, psoriasis, and certain diseases of the skin ; some surgical diseases of the joints, general weakness of limbs after injury, and diseases of throat and air passages.

In addition to the ample provision of luxurious **Deep and Reclining Baths, Swimming Baths, Cooling Rooms, etc.**, the various appliances demanded by existing Medical Science are fully supplied, and the visitor will find here **Thermal Vapour, the Aix Massage Douche, Needle Douche, Scottish Douche, Baths with Massage, Medicated Baths, Cadet's Sitz Bath, Pulverised Water and Inhalation Rooms, the Bouillon, Douche Spray, Shower, and Dry and Moist Heat.**

Write to Manager at the Baths for copies of recent letters from distinguished patients. Beautifully illustrated work—**“Bath as a Health Resort”**—sent on receipt of One Shilling.

DROITWICH.

Worcestershire, England.

Route.—G. W. Rail from Paddington, about three hours' journey direct.

Topography.—Droitwich is situated between Bromsgrove and Worcester, within 20 miles of Birmingham and 6 from Worcester, and is easily accessible from all parts of the country, either by the Great Western Railway or Midland.—The surrounding district is attractive, picturesque, and fertile.

The **Climate** is healthy and the air bracing. Few places are better sheltered, and its distance from the sea makes rapid movement of the air rare.

Special Indications—**The Brine Baths** of Droitwich are fast becoming world-renowned for the cure of Rheumatism, Gout, Lumbago, Rheumatic Gout, Neuralgia, Sciatica, Paralysis, and divers other obstinate complaints.

Analysis.—Herepath gave the following analysis of the Droitwich Brine :

Chloride of Sodium.	Chloride of Magnesium.	Sulphate of Lime.	Sulphate of Alumina.	Sulphate of Sodium.	Iodide of Sodium.	Total Salts to an Imp. Gallon.
2,1761872.	2560.	91120.	14400.	342720.	0208.	22212880.

Also various other analyses of these waters prove them to be the most potent in Europe, and from ten to twelve times stronger than the Ocean.

The late Mr. Bainbriggs, an eminent Droitwich surgeon, gave the following table of the solid constituents of various seas :

Mediterranean		410 grains in 10,000
English Channel		380 " "
German Ocean...		325 " "
Baltic		168 " "
Dead Sea		2,460 parts in 10,000 of water.

Droitwich Brine... .. 4,000 to 4,200 parts in 10,000 of water.

Other British Salt Springs from 1,500 to 2,500 parts in 10,000 of water.

In order to meet the ever-increasing demands, and render the Brine Treatment as effectual as possible, Mr. J. Corbett has materially increased the accommodation, and erected Baths on the most scientific principles. These include **Slipper, Douche, Needle, Vapour**, and three magnificent Swimming Baths for Ladies and Gentlemen, the baths being administered by experienced and careful attendants, and the establishments are replete with every comfort and convenience. The Swimming Baths are invigorating to persons in perfect health, and, the specific gravity of the salt water rendering it impossible to sink, the art of swimming is the more readily learnt. The Baths are open daily :—

In Summer, on week days, from 7-30 a.m. to 7 p.m. ; Sundays, from 7-30 to 10-30 a.m.

In Winter, on week days, from 8 a.m. to 6 p.m. ; Sundays, from 8 to 10-30 a.m.

Charges.—Private Bath, first class, 2s. 6d., second class, 1s. 6d. ; Swimming Bath, 1s. ; Douche, 1s. 6d. ; Vapour Bath, 2s. 6d. ; Needle Bath, 2s. 6d. ; Swimming Lessons, 1s., or six for 5s.

Accommodation.—**The Raven and The Worcestershire Brine Baths Hotels** stand within a few yards of the Baths, and the **Royal Hotel** is connected with the original baths by a covered way. There are also numerous respectable and well-conducted **Lodging and Boarding Houses** in close proximity.

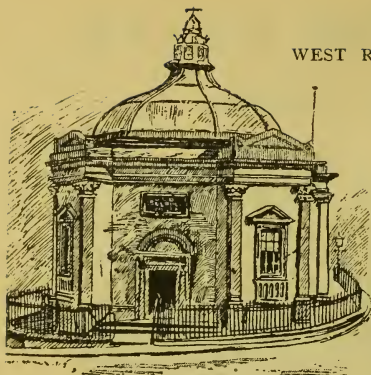
Entertainments.—A first-rate Band plays daily in a fine old park, which is most tastefully and beautifully laid out.

Droitwich is a most desirable place for a summer holiday, from which excursions can be made to the quaint old towns of Worcester, Tewkesbury, Hereford, Malvern, Ross, the Forest of Dean, and Lydbrook, and other places worthy of a visit.

For further particulars apply to the **Secretary, Brine Baths, Droitwich**, who will be pleased to answer all enquiries, and render any assistance.

Harrogate.

WEST RIDING, YORKSHIRE, ENGLAND.



Route : Harrogate is on the North Eastern Railway, from London by Great Northern and Midland, *via* York or Leeds.

Situation and Climate : Harrogate, 15 miles north of Leeds, 20 miles west of York—situate on a moorland plateau of the West Riding, at a mean altitude of 400 feet, is bounded on the north and west by moors of altitudes of upwards of 1,000 feet, and therefore possesses an atmosphere remarkable for purity, dryness, and invigorating properties. The highly bracing quality of the air is an invaluable auxiliary to the healing virtues of the baths and waters, and

apart from the inherent properties of the latter, places Harrogate in a pre-eminent position among all other health resorts. High and Low Harrogate possess two distinct climates. The former, at an altitude of 450 feet, is open and bracing, whilst the latter (300 feet) with its sheltered situation, is mild. The choice thus provided is frequently of great service to invalids.

Hygienic conditions :

(1) The mortality is remarkably low. During the past seven years the death-rate has been as low as 11·7, and has never exceeded 15·5—the average for the whole period being 13·7 per thousand ; this fact not only demonstrates the healthfulness of the climate, but reflects credit on the sanitary arrangements of the town.

(2) Epidemic diseases are rare. Cholera has never appeared in Harrogate ; typhus and typhoid fevers are unknown.

(3) Harrogate is a favourite resort for permanent residence. The well-founded reputation of Harrogate for healthfulness has attracted, for the past thirty years, a steadily increasing number of residents from the adjacent towns, and from the ranks of valetudinarians, invalids, and the retired.

(4) Harrogate has become an important scholastic centre ; a fact due to the salubrity of the climate.

(5) Remarkable facilities for open air exercise. The Stray, of about 200 acres, is a great boon to visitors, and especially to invalids. It is free to the public, and, inasmuch as it is throughout either level or only gently undulating, it is well adapted to the strolling of invalids. Beautiful roads and footpaths abound in the neighbourhood, suitable to every kind of exercise that can be indulged in—walking, riding, driving, and cycling being equally available, whilst for those requiring bath chairs there are about 25 miles of asphalted and flagged footpaths, besides 7 miles of smooth gravel walks.

Curative Means :

HARROGATE MINERAL WATER.

SULPHUR WATERS.

Pure (20 grs. to 203).

Starbeck.
Bilton.
Harlow Car.

Saline (30—130 grs. to 203).

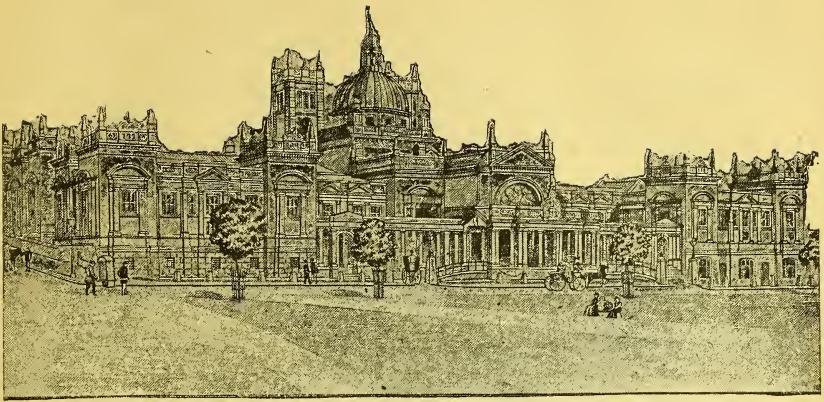
<i>Strong.</i>	<i>Mild.</i>
Old Sulphur Spring.	Mild Sulphur.
Strong Montpellier Spring.	Pump room & Montpellier.
	Magnesia.
	No. 36 Well.

IRON WATERS.

Pure Chalybeate.
Tewit Spring.
John's Spring.
Pure Chalybeate.
Royal Pump Room

<i>Strong.</i>	<i>Mild.</i>
Kissingen.	Alexandra Well.
Chloride of Iron.	

Sulphated Chalybeate.
Alum Well.



NEW BATHS.

TABLE OF THE ANALYSES OF THE SULPHUR GROUP.

Saline Constituents in Grains per Gallon.	Old Sulphur Well. Royal Pump Room. (Thorpe.)	Strong Sulphur. Montpelier (Atfield.)	New or Mild Sulphur. Royal Pump Room (W. A. Miller.)	Mild Sulphur. Montpelier. (Atfield.)	Magnesia. (Muspratt.)	Starbeck Spa. (Fairley.)
Sodium sulphhydrate	5'215	—	'689	—	—	—
Sodium sulphide	—	14'500	—	8'777	'707	1'36
Barium chloride	6'566	—	trace	—	1'222	trace
Strontium chloride	trace	2'816	—	'619	trace	—
Calcium chloride	43'635	79'936	16'70	31'296	—	—
Magnesium chloride	48'281	57'989	2'39	27'589	1'792	—
Potassium chloride	9'592	4'811	11'34	5'691	27'913	—
Lithium chloride	'753	trace	trace	—	trace	trace
Ammonium chloride	1'031	'996	—	'656	trace	trace
Sodium chloride	893'670	827'371	582'95	388'800	215'896	116'44
Magnesium bromide	2'283	—	—	—	trace	trace
Magnesium iodide	'113	—	—	—	trace	trace
Calcium carbonate	29'768	8'750	—	16'711	18'476	10'01
Magnesium carbonate	5'953	—	—	—	12'799	3'51
Potassium carbonate	—	—	—	—	—	'65
Sodium carbonate	—	—	—	—	—	14'47
Barium sulphate	—	'418	—	—	—	—
Strontium sulphate	—	'529	—	'913	—	—
Calcium sulphate	—	—	—	—	—	1'88
Sodium nitrate	—	'900	—	'370	—	—
Silica	'701	3'570	2'40	3'836	1'608	3'27
	1047'561	1002'586	654'87	485'258	280'413	151'59

GASES IN CUBIC INCHES.

Sulphuretted hydrogen ..	10'16	—	4'18	—	—	—
Carbon dioxide	40'10	60'00	13'22	54'00	11'50	—
Carburetted hydrogen	—	2'30	—	'80	—	—
Nitrogen	—	3'70	2'01	3'20	—	—
	59'26	66'00	19'41	58'00	—	—

TABLE OF ANALYSES OF THE CHALYBEATE GROUP.

Saline Constituents in Grains per gallon.	Kissengen Spa. (Attfield.)	(chloride of Iron Spa. (Potham'ey.)	Alexan'ra Chalybeate. (Davis.)	Pure Chalybeate. Royal Pump. (Davis.)	Tewitt Well. (Ho'mann.)	John Well or Old Spa.	Alum Well. (Davis.)
Ferrous chloride ..	—	13'213	—	—	—	—	—
Ferrous carbonate ..	9'590	11'050	5'800	1'364	1'358	1'271	—
Ferrous sulphate ..	—	—	—	—	—	—	69'33
Ferric sulphate ..	—	—	—	—	—	—	78'76
Aluminium sulphate ..	—	—	—	—	—	—	89'47
Calcium sulphate ..	—	—	9'097	'749	'697	'307	56'91
Magnesium sulphate ..	—	—	—	—	—	—	57'38
Potassium sulphate ..	—	—	—	—	—	—	3'14
Ammonium sulphate ..	—	—	—	—	—	—	2'19
Barium sulphate ..	509	'222	—	—	—	—	—
Potassium chloride ..	21'425	3'205	1'130	—	1'323	—	—
Sodium chloride ..	674'598	277'561	176'370	1'625	'280	1'543	33'96
Ammonium chloride ..	'439	'406	trace	trace	trace	trace	—
Barium chloride ..	—	5'204	—	—	—	—	—
Strontium chloride ..	'887	624	—	—	—	—	—
Calcium chloride ..	87'337	94'015	—	—	—	—	—
Manganese chloride ..	—	'971	trace	trace	trace	—	—
Magnesium chloride ..	65'391	57'315	4'735	—	—	—	—
Lithium, iodides, brom- ides, fluorides ..	traces	traces	traces	traces	traces	—	—
Barium carbonate ..	2'136	—	—	—	—	—	—
Calcium carbonate ..	8'858	—	13'762	1'532	1'435	2'264	—
Magnesium carbonate ..	—	—	5'785	1'952	2'667	3'039	—
Potassium carbonate ..	—	—	—	'262	1'057	'991	—
Sodium carbonate ..	—	—	—	1'103	—	1'338	—
Silica ..	3'570	1'414	'675	'502	1'041	trace	3'27
Organic matter ..	—	—	1'450	'750	'663	trace	—
	874'740	465'200	218'804	9'839	10'521	10'753	304'41

GASES IN CUBIC INCHES.

Carbon dioxide ..	21'3	53'55	17'04	13'74	11'85	14'95
Carburetted hydrogen ..	—	—	—	—	—	'15
Oxygen ..	1'5	—	'31	'82	'40	'67
Nitrogen ..	5'2	—	8'98	8'00	5'53	6'35
	28'0	—	26'33	22'56	17'78	22'12

Administration: The waters are administered at the various pump rooms, hot, cold, or aerated, as required.

The Baths. Every accommodation and form of sulphur bath is to be found at the 'Victoria' and 'New' bathing establishments. Turkish Baths at the New Baths; Celebrated Harrogate Massage Douche (Aix-les-Bains system, by experienced masseurs); Thermal Sulphur; Sulphur, strong or mild, length, deep, or hip; Sulphur 'Combined Needle Bath'; Needle Bath, plain water; Sitz Bath, still and running; Vapour Bath, with needle or shower; Liver Pack, with needle or shower; Carbonic Acid Bath (Nauheim system), and other special baths.

Special indications: That Harrogate should possess such a variety of mineral springs, varying in strength and composition, renders it, as far as range of action goes, by far the most remarkable and generally useful Spa yet discovered in this or any country. The action of the sulphur waters depends on quantity prescribed, time when taken, and temperature—hence they are laxative, aperient, or purgative—

diuretic or alterative. They prove highly beneficial in most forms of indigestion with its usual accompaniments, constipation, flatulence, and acidity ; all cases of functional disorders of the liver, even where that organ has undergone material organic changes, especially those resulting from free living and inactive habits, combined with excess of alcoholics. Their diuretic properties are of great value in stimulating the action of the kidneys and washing out gravelly deposits, especially uric acid and its compounds—hence the great good effected in gouty and rheumatic symptoms, which depend on the accumulation of this acid in the tissues of the body. Their alterative action is difficult to explain in a popular notice, but it is clearly demonstrated by the good results following their use in chronic catarrhs of the gall-bladder, stomach, bowels, and bronchial mucous membrane—in all forms of chronic skin diseases, and in the changes produced by their judicious and prolonged exhibition in unheathy constitutions.

The saline chalybeates are like the sulphur in large doses, aperient, diuretic, and by reason of having iron instead of sulphur, tonic rather than alterative.

In smaller doses they act as tonics of high-class, enriching the blood by the direct absorption of those subtle preparations of iron which are only to be found in nature's laboratory, and which are so delicate that if imitated by art are decomposed as soon as formed. This is the secret why chalybeate springs show such power over cases of anæmia, where the red particles of blood are not only deficient in number, but altered in their healthy characteristics so that it is impossible for it to supply the requisite new material for the repair of waste continually going on. The Chloride of Iron Spring is the richest in this respect, and exhibits a wonderful power in building up the debilitated from whatever cause. It is given also with permanent benefit in scrofulous constitutions, especially where the glands are predisposed to enlargement and suppuration. The pure chalybeates are most useful as mild tonics in young children, and may be given with benefit as diuretics in cases where these are indicated, but where a certain amount of debility exists, forbidding the use of lowering treatment. When the sulphur waters are used externally—either as lotions, local or general baths—their action in the first place is stimulant, they rouse the nerves of the skin, promoting circulation and free perspiration on the subsidence of their activity. They have a sedative action, evinced in the lessening of irritation, swelling, and pain. A great deal depends on the length of time a patient is allowed to remain in the bath, and on the proper regulation of its temperature, as very opposite results to those so much desired may follow want of care in these respects. Baths prove most successful in chronic skin diseases, gout, rheumatism, and jaundice, and effectually co-operate in all cases where the internal administration of the sulphur waters is advisable.

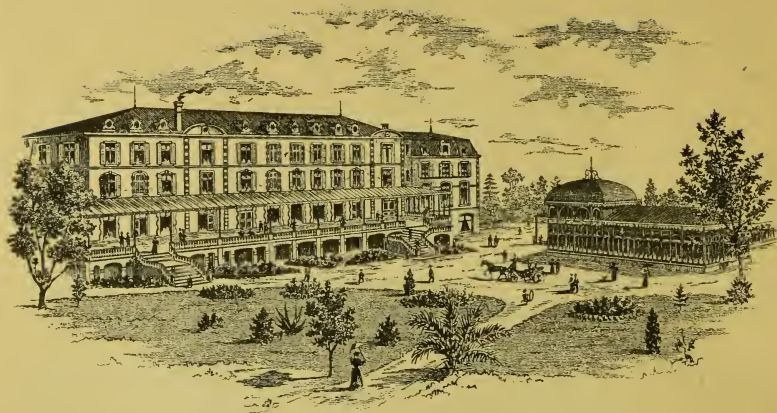
The Diseases benefited by Harrogate.

Skin diseases in every form, whether arising from local or constitutional causes. Functional disorders of the liver, stomach, and kidneys. Gout, rheumatism, rheumatic gout, lumbago, and sciatica. Nervous exhaustion and general debility from worry and over-work. Scrofula and glandular affections. Anæmia (poverty of blood). Chronic bronchitis and certain forms of consumption. Diseases induced by tropical climates and malaria. Mineral poisoning, particularly that due to lead and mercury.

Season : From April until the end of October, but many visitors resort to Harrogate during the winter months ; the baths, waters, and hotel accommodation being accessible all the year round.

A descriptive handbook, compiled by the Harrogate Medical Association, may be obtained on application to the Superintendent of Wells and Baths, Harrogate ; from whom also medical men visiting the town can obtain complimentary tickets for their own personal use of the baths and waters.





Martigny=les=Bains.

VOSGES, FRANCE.

Route : London—Paris—Martigny-les-Bains (Ligne de l'Est).

Situation and Climate : Martigny enjoys a charming position near the summit of a mountain range ; it is surrounded by vast forests, and the air is remarkably pure.

The '*Etablissement*' is located in the midst of a large park (of more than twelve hectares in extent), through which runs the river Aulue, a tributary of the Meuse.

Curative Means : The waters of Martigny-les-Bains contain more lithia than do any waters in France, one litre holding in solution 0.09032 of the carbonate of that element. There is likewise present a considerable amount of silicious matter. Professor Jacquemin attributes principally to these two agents the marvellous cures effected at Martigny. The hydrotherapeutic arrangements are most complete, and the latest and most perfect apparatuses have been fitted up.

Special Indications : Gout, gravel, and kindred ailments. The '*Savonneuse*' spring is particularly adapted for the treatment of skin diseases, especially psoriasis, acne, and eczema.

Several **doctors** are practising here during the season.

Entertainments : Concert, theatre, balls, casino, lawn-tennis, croquet, walks, excursions, etc.

Accommodation : There are three hotels, all of which belong to the proprietors of the springs, and are magnificently furnished and unusually comfortable.

The tariff ('*en pension*,' inclusive terms) is on a most moderate and liberal scale, and commences at eight frcs. per day.

The '*Etablissement*' is opposite the railway station. The express trains arrive here direct from Paris in six hours, *via* Troyes, Chaumont, Langres, Audilly (Ligne de l'Est—eastern railway). Post and telegraph.

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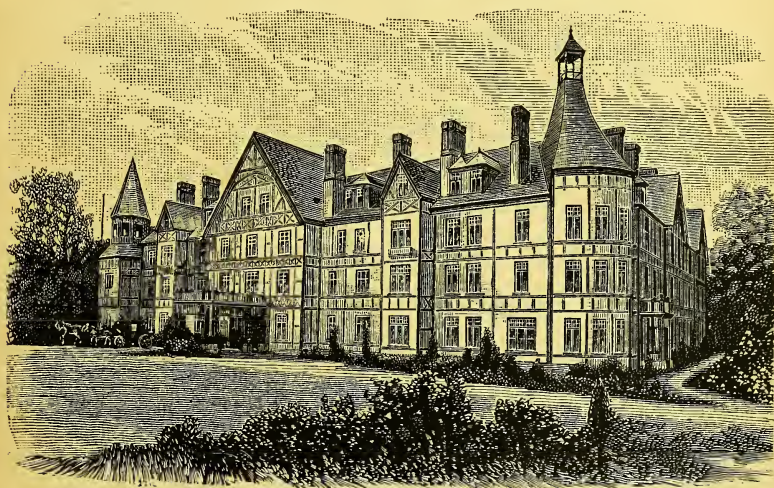
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ALBUMEN (18.75 digestible)	...	...	...	22.20%
Carbohydrates	...	...	...	38.95 "
Fatty matter	...	...	...	19.00 "
Theobromin	...	...	...	0.43 "
Asparagin	...	...	...	0.50 "
Cellular matter	...	...	...	2.80 "
Other extracts free from nitrogen	...	...	...	4.70 "
Water	...	...	...	8.12 "
Ashes, containing among other constituents—				
Lime	...	...	...	0.52 %
Phosphoric acid	...	...	...	1.27 "
Potash	...	...	...	0.52 "
				3.30 "
				100.00 "

"According to the above analysis, Hausen's Oatmeal Cocoa may be described as an easily digested preparation consisting of albumen, carbohydrates and natural salts, rich in nutriment, and for this reason, it may be highly recommended for children and convalescents as a strength-giving food."

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Each shipment of Condal Water to England is accompanied by a certificate from the local authorities, stating that the water is a natural mineral water bottled at the place of origin.

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